



Rhubarb Custard Pie III

READY IN



45 min.

SERVINGS



10

CALORIES



930 kcal

DESSERT

Ingredients

- ☐ 2 egg whites
- ☐ 2 egg yolks
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1.8 cups scalded milk
- ☐ 9 inch pie shell
- ☐ 2 cups rhubarb diced
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar white

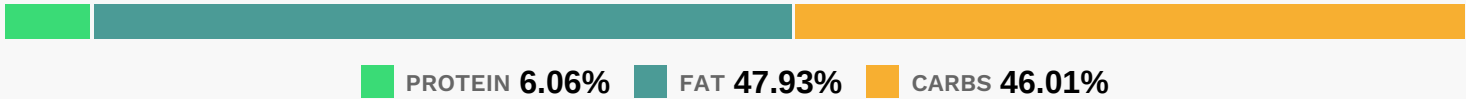
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Spread rhubarb evenly across bottom of pastry shell. Set aside.
- ☐ In separate bowls beat egg yolks and egg whites. To yolks add sugar, salt, flour and milk.
- ☐ Mix well then gently fold in beaten egg whites.
- ☐ Pour mixture over rhubarb layer.
- ☐ Place pie in preheated oven.
- ☐ Bake 10 minutes, then lower heat to 350 degrees F (175 degrees C).
- ☐ Bake 40 to 50 additional minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:19.61, Glycemic Load:11.94, Inflammation Score:-5, Nutrition Score:15.354347726573%

Flavonoids

Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 929.9kcal (46.5%), Fat: 49.36g (75.95%), Saturated Fat: 15.84g (98.99%), Carbohydrates: 106.59g (35.53%), Net Carbohydrates: 101.62g (36.95%), Sugar: 17.36g (19.29%), Cholesterol: 44mg (14.67%), Sodium: 769.14mg (33.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.1%), Manganese: 0.86mg (42.8%), Vitamin B1: 0.54mg (35.95%), Folate: 135.26µg (33.82%), Iron: 4.9mg (27.2%), Vitamin B3: 5.05mg (25.26%), Vitamin B2: 0.43mg (25.06%), Selenium: 15.03µg (21.47%), Fiber: 4.97g (19.88%), Vitamin K: 20.45µg (19.47%), Phosphorus: 192.3mg (19.23%), Calcium: 113.09mg (11.31%), Vitamin B5: 1.03mg (10.33%), Potassium:

324.13mg (9.26%), Magnesium: 36.14mg (9.03%), Copper: 0.15mg (7.37%), Zinc: 1.1mg (7.36%), Vitamin B6: 0.14mg (6.76%), Vitamin E: 1.01mg (6.73%), Vitamin B12: 0.31µg (5.1%), Vitamin D: 0.66µg (4.43%), Vitamin A: 147.77IU (2.96%), Vitamin C: 1.95mg (2.37%)