



WHATSheATE



Rhubarb & custard pie with butter crumble



Vegetarian



Popular

READY IN



120 min.

SERVINGS



8

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 350 g rhubarb
- ☐ 100 g brown sugar
- ☐ 350 g pastry crust sweet
- ☐ 1 large egg yolk
- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp flour plain
- ☐ 284 ml single cream
- ☐ 50 g butter melted

- ☐ 50 g little demerara sugar
- ☐ 50 g oats
- ☐ 0.5 tsp ground ginger

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Cut the rhubarb into bite-size pieces, then put them in a frying pan with half the sugar and warm through just until the sugar dissolves. Immediately tip the rhubarb into a bowl with the juices and leave to cool. Preheat the oven to 180C/gas 4/fan 160C.
- ☐ Roll out the pastry quite thinly and use to line a deep, loose-based 24cm fluted flan tin. Line with greaseproof paper and baking beans and bake for about 20 minutes until the pastry is pale golden and no longer raw.
- ☐ Beat together the egg and egg yolk, vanilla extract, remaining caster sugar and the flour. Gradually whisk in the cream with any juice from the rhubarb (you should have a tablespoonful or two). Now spoon the rhubarb into the prepared pastry case and pour the cream mixture over.
- ☐ Turn the oven temperature up to 200C/gas 6/ fan 180C and bake for about 20 minutes, or until the custard is very lightly set and there is a thin skin on the top.
- ☐ Mix together all the topping ingredients and spoon evenly over the pie. Return it to the oven for a further 15 minutes or until the crumble is golden and the custard set with just a little wobble. The top of the pie may have risen and cracked when you take it from the oven but dont worry as it will settle back again on cooling.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 5.62%**  **FAT 44.66%**  **CARBS 49.72%**

Properties

Glycemic Index:27, Glycemic Load:10.54, Inflammation Score:-5, Nutrition Score:9.2899999941121%

Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg

Nutrients (% of daily need)

Calories: 397.8kcal (19.89%), Fat: 19.85g (30.54%), Saturated Fat: 11.09g (69.31%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 47.44g (17.25%), Sugar: 19.07g (21.19%), Cholesterol: 76.19mg (25.4%), Sodium: 270.62mg (11.77%), Alcohol: 0.18g (100%), Alcohol %: 0.14% (100%), Protein: 5.62g (11.23%), Manganese: 0.58mg (28.92%), Selenium: 14.44µg (20.63%), Vitamin B1: 0.29mg (19.62%), Vitamin K: 15.46µg (14.73%), Vitamin B2: 0.24mg (13.85%), Folate: 50.14µg (12.54%), Vitamin A: 594.77IU (11.9%), Iron: 2.01mg (11.19%), Vitamin B3: 2.08mg (10.42%), Phosphorus: 98.02mg (9.8%), Fiber: 2.29g (9.16%), Calcium: 86.13mg (8.61%), Potassium: 241.3mg (6.89%), Magnesium: 24.94mg (6.23%), Vitamin E: 0.7mg (4.64%), Copper: 0.09mg (4.53%), Vitamin C: 3.72mg (4.5%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.42mg (4.24%), Vitamin B6: 0.05mg (2.7%), Vitamin D: 0.33µg (2.2%), Vitamin B12: 0.12µg (2.06%)