



WHATSheATE



Rhubarb Lattice Pie with Cardamom and Orange

READY IN



45 min.

SERVINGS



8

CALORIES



537 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.8 cup butter unsalted frozen cut into 1/2-inch cubes, 15 minutes ()
- ☐ 0.5 teaspoon ground cardamom
- ☐ 7 tablespoons ice water ()
- ☐ 0.3 cup orange juice
- ☐ 2.5 teaspoons orange peel grated
- ☐ 2.5 pounds inch pieces rhubarb
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup strawberry preserves
- ☐ 0.7 cup sugar
- ☐ 8 servings whipped cream
- ☐ 1 tablespoon whipping cream

Equipment

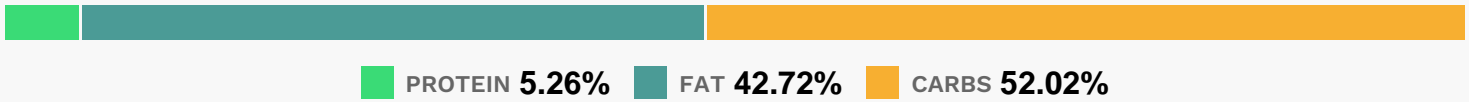
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ colander
- ☐ pie form

Directions

- ☐ Blend flour, sugar, and salt in processor 5 seconds.
- ☐ Add butter. Using on/off turns, blend until coarse meal forms.
- ☐ Add 6 tablespoons ice water. Using on/off turns, blend until moist clumps form, adding more ice water by 1/2 tablespoonfuls if dough is dry. Gather dough into ball. Divide into 2 pieces, 1 slightly larger than the other. Flatten into disks. Wrap and chill at least 1 hour and up to 1 day.
- ☐ Combine rhubarb, 2/3 cup sugar, orange juice, orange peel, and cardamom in large deep skillet. Toss over medium-high heat until liquid starts to bubble. Reduce heat to medium. Cover and simmer until rhubarb is almost tender, stirring very gently occasionally to keep rhubarb intact, about 8 minutes. Using slotted spoon, transfer rhubarb to colander set over bowl.
- ☐ Drain well.
- ☐ Add syrup from bowl to skillet. Boil until juices in skillet are thick and reduced to 2/3 cup, adding any additional drained syrup from bowl, about 7 minutes.
- ☐ Mix in preserves. Cool mixture in skillet 15 minutes. Very gently fold in rhubarb (do not overmix or rhubarb will fall apart).
- ☐ Preheat oven to 375°F.

- ☐ Roll out larger dough disk on lightly floured surface to 12-inch round.
- ☐ Transfer to 9-inch glass pie dish.
- ☐ Roll out smaller dough disk to 11-inch round; cut into 1/2-inch-wide strips. Spoon filling into pie dish. Arrange 6 dough strips atop filling, spacing evenly apart. Arrange 5 dough strips atop filling in opposite direction, forming lattice. Seal strip ends to crust edge. Stir cream and 2 teaspoons sugar in small bowl to blend.
- ☐ Brush over lattice, but not crust edge.
- ☐ Bake pie until filling bubbles thickly and crust is golden, covering edge with foil if browning too quickly, about 55 minutes. Cool pie completely.
- ☐ Cut into wedges; serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:41.39, Glycemic Load:42.99, Inflammation Score:-7, Nutrition Score:14.359130444734%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epicatechin 3-gallate: 0.85mg, Epicatechin 3-gallate: 0.85mg, Epicatechin 3-gallate: 0.85mg, Epicatechin 3-gallate: 0.85mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 537.29kcal (26.86%), Fat: 25.87g (39.81%), Saturated Fat: 15.97g (99.82%), Carbohydrates: 70.89g (23.63%), Net Carbohydrates: 66.8g (24.29%), Sugar: 38.14g (42.38%), Cholesterol: 76.91mg (25.64%), Sodium: 284.3mg (12.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.33%), Vitamin K: 43.38µg (41.32%), Manganese: 0.54mg (26.93%), Vitamin B2: 0.38mg (22.38%), Calcium: 222.57mg (22.26%), Vitamin C: 17.43mg (21.13%), Vitamin B1: 0.31mg (20.79%), Vitamin A: 999.95IU (20%), Selenium: 13.94µg (19.91%), Folate: 74.8µg (18.7%), Potassium: 606.68mg (17.33%), Fiber: 4.09g (16.36%), Phosphorus: 132.78mg (13.28%), Vitamin B3: 2.4mg (11.99%), Iron: 1.93mg (10.71%), Magnesium: 35.52mg (8.88%), Vitamin E: 1.13mg (7.52%), Vitamin B5: 0.69mg (6.89%), Zinc: 0.86mg (5.76%), Copper: 0.11mg (5.6%), Vitamin B12: 0.3µg (4.94%), Vitamin B6: 0.09mg (4.37%), Vitamin D: 0.48µg (3.21%)