



Rhubarb Meringue Pie

 Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 4 cups rhubarb
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup shortening
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 2 tablespoons water cold

Equipment

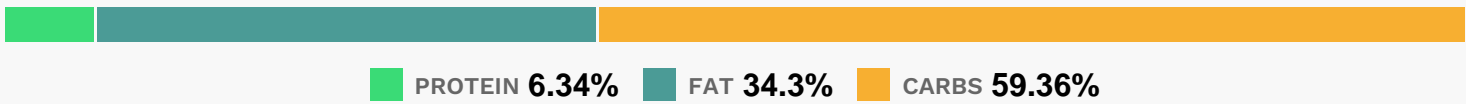
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix 1 cup flour and the salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- ☐ Heat oven to 475F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired. Prick bottom and side of pastry thoroughly with fork.

- ☐ Bake 8 to 10 minutes or until light brown; cool on cooling rack.
- ☐ Reduce oven temperature to 375F. In large bowl, beat 2 eggs and 1 cup sugar with electric mixer on medium speed until thickened. Stir in 1/3 cup flour and the rhubarb; pour into pie crust.
- ☐ Cut butter into small pieces; sprinkle over pie. Cover edge of pastry with 2- to 3-inch strip of foil to prevent excessive browning.
- ☐ Bake 35 to 45 minutes or until filling is bubbly and rhubarb is tender. Cool pie on cooling rack while preparing meringue.
- ☐ In large bowl, beat egg whites and cream of tartar with electric mixer on high speed until foamy. Beat in 1/4 cup sugar, 1 tablespoon at a time, until stiff and glossy (do not underbeat).
- ☐ Spread meringue over rhubarb mixture to edge of crust.
- ☐ Bake 6 to 8 minutes or until light brown. Cool pie away from draft, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:37.9, Glycemic Load:33.53, Inflammation Score:-3, Nutrition Score:7.2773914285328%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg

Nutrients (% of daily need)

Calories: 331.45kcal (16.57%), Fat: 12.85g (19.77%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 48.38g (17.59%), Sugar: 32.04g (35.59%), Cholesterol: 40.92mg (13.64%), Sodium: 216.39mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Vitamin K: 22.51µg (21.44%), Selenium: 13.55µg (19.36%), Vitamin B2: 0.23mg (13.42%), Manganese: 0.27mg (13.39%), Vitamin B1: 0.18mg (12.18%), Folate: 48.05µg (12.01%), Iron: 1.33mg (7.38%), Vitamin B3: 1.43mg (7.17%), Potassium: 249.08mg (7.12%), Fiber: 1.66g (6.64%), Calcium: 64.19mg (6.42%), Vitamin E: 0.92mg (6.17%), Vitamin C: 4.89mg (5.92%), Phosphorus: 55.32mg (5.53%), Vitamin A: 246.82IU (4.94%), Vitamin B5: 0.39mg (3.94%), Magnesium: 14.61mg (3.65%), Copper: 0.06mg (2.82%), Zinc: 0.36mg (2.38%), Vitamin B6: 0.04mg (2.17%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.22µg (1.47%)