



Rhubarb Meringue Pie

 Vegetarian

READY IN



330 min.

SERVINGS



8

CALORIES



362 kcal

DESSERT

Ingredients

- 1 pastry crust for rhubarb meringue pie
- 1 serving flour all-purpose for surface
- 2 pounds rhubarb trimmed
- 1.8 cups sugar
- 0.3 cup cornstarch
- 1 serving coarse salt
- 3 large egg yolk
- 2 tablespoons butter unsalted

Equipment

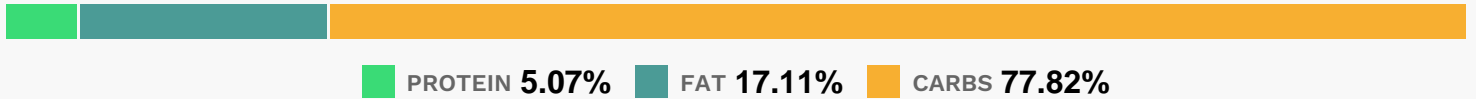
- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- blender
- double boiler
- broiler
- pie form

Directions

- Preheat oven to 375 degrees.
- Roll out pate sucee to 1/8-inch thickness on a lightly floured surface. Fit dough into a 9-inch pie dish; trim to 1 inch, fold under, and crimp edges. Refrigerate for 30 minutes. Prick inside of pie shell all over with a fork; line with parchment. Fill with pie weights or dried beans.
- Bake until edges are golden and set, 20 to 25 minutes.
- Remove weights and parchment.
- Bake until bottom is dry and light gold, 5 to 10 minutes more.
- Let cool.
- Juice rhubarb. (You'll need 2 1/4 cups juice; add water if needed.)
- Whisk together 1 cup sugar, the cornstarch, and 1/2 teaspoon salt.
- Whisk in juice; bring to a boil in a medium saucepan, whisking. Cook for 1 minute.
- Place yolks in a bowl; gradually whisk in half of hot juice mixture. Return to pan. Cook over medium heat, whisking, until thick, about 1 minute.
- Whisk in butter. Strain through a fine sieve into pie shell. Refrigerate until set, at least 4 hours or overnight.
- Preheat broiler with rack about 8 inches from heat source.

- Heat whites and remaining 3/4 cup sugar in a double boiler or a heatproof bowl set over a pan of simmering water, whisking, until sugar dissolves and mixture is hot (160 degrees), about 2 minutes.
- Transfer to the bowl of a mixer.
- Whisk on high speed until medium peaks form. Dollop meringue onto pie. Broil until browned, 30 to 40 seconds.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:38.28, Inflammation Score:-3, Nutrition Score:9.3326086479685%

Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg

Nutrients (% of daily need)

Calories: 362.3kcal (18.11%), Fat: 7.03g (10.81%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 71.93g (23.98%), Net Carbohydrates: 69.15g (25.15%), Sugar: 45.01g (50.02%), Cholesterol: 76.38mg (25.46%), Sodium: 203.88mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Vitamin K: 34.4µg (32.76%), Manganese: 0.4mg (20.23%), Selenium: 13.79µg (19.7%), Vitamin B1: 0.23mg (15.52%), Folate: 50.2µg (12.55%), Vitamin B2: 0.2mg (11.91%), Calcium: 111.15mg (11.12%), Fiber: 2.77g (11.1%), Vitamin C: 9.07mg (11%), Potassium: 362.56mg (10.36%), Vitamin B3: 1.84mg (9.2%), Iron: 1.64mg (9.13%), Phosphorus: 69.64mg (6.96%), Vitamin A: 295.06IU (5.9%), Magnesium: 19.63mg (4.91%), Vitamin B5: 0.4mg (4.02%), Vitamin E: 0.58mg (3.87%), Copper: 0.07mg (3.57%), Vitamin B6: 0.06mg (3.03%), Zinc: 0.45mg (3%), Vitamin D: 0.4µg (2.64%), Vitamin B12: 0.13µg (2.17%)