



Rhubarb Orange Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons orange juice
- ☐ 3 cups rhubarb diced
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon strawberry jell-o® mix flavored
- ☐ 19-inch unbaked pie crust ()

☐ 0.3 cup sugar white

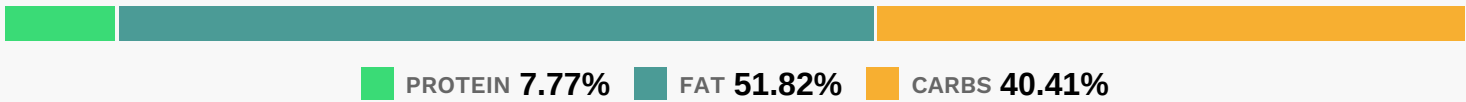
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Place oven rack on lowest level. Preheat oven to 375 degrees F (190 degrees C). Line pie pan with pastry, and make high fluted rim.
- ☐ In a large bowl, combine butter, juice, egg yolks, and strawberry gelatin. Beat thoroughly.
- ☐ Add 1 cup of sugar, flour, and salt; beat well. Stir rhubarb into mixture.
- ☐ In another bowl, beat egg whites until stiff.
- ☐ Add 1/4 cup sugar slowly, continuing to beat. Fold meringue into rhubarb mixture.
- ☐ Pour filling into pastry shell.
- ☐ Bake in preheated oven for 15 minutes. Reduce heat to 325 degrees F (165 degrees C) and bake 45 to 50 minutes longer.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:7.02, Inflammation Score:-3, Nutrition Score:6.1834782413814%

Flavonoids

Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 245.8kcal (12.29%), Fat: 14.24g (21.91%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 23.42g (8.52%), Sugar: 7.94g (8.82%), Cholesterol: 88.15mg (29.38%), Sodium: 247.35mg (10.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin K: 15.79µg (15.04%), Selenium: 9.44µg (13.48%), Manganese: 0.23mg (11.66%), Folate: 40.3µg (10.07%), Vitamin B2: 0.17mg (9.78%), Vitamin B1: 0.13mg (8.47%), Vitamin C: 6.85mg (8.3%), Vitamin A: 334.27IU (6.69%), Iron: 1.14mg (6.35%), Fiber: 1.57g (6.27%), Phosphorus: 60.29mg (6.03%), Potassium: 200.52mg (5.73%), Calcium: 56.71mg (5.67%), Vitamin B3: 1.08mg (5.42%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.58mg (3.88%), Magnesium: 12.53mg (3.13%), Vitamin B6: 0.05mg (2.61%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.36µg (2.43%), Zinc: 0.35mg (2.36%), Copper: 0.05mg (2.29%)