Rhubarb Pie

Vegetarian Dairy Free

READY IN	SERVINGS	CALORIES
55 min.	8	165 kcal

DESSERT

Ingredients

- [ ] 1 eggs
- [ ] 1 tablespoon flour all-purpose
- [ ] 3 cups rhubarb chopped
- [ ] 0.3 teaspoon salt
- [ ] 1.5 cups sugar white

Equipment

- [ ] oven
- [ ] mixing bowl

- [ ] microwave

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C).
- [ ] Stir together the egg, white sugar, flour, salt and rhubarb in a mixing bowl.
- [ ] Place one of the pie shells in the bottom of a 9 inch pie plate.
- [ ] Pour pie filling into shell; dot with butter. Put top crust over filling and cut slits into crust.
- [ ] Bake in preheated oven for 30 to 45 minutes; or cook 7 minutes in a microwave and then about 10 minutes in the oven.

Nutrition Facts

PROTEIN **2.79%** FAT **3.89%** CARBS **93.32%**

Properties

Glycemic Index:19.76, Glycemic Load:26.86, Inflammation Score:-1, Nutrition Score:2.5260869808819%

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

Nutrients (% of daily need)

Calories: 165.26kcal (8.26%), Fat: 0.74g (1.14%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 39.33g (14.3%), Sugar: 37.95g (42.17%), Cholesterol: 20.46mg (6.82%), Sodium: 82.71mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin K: 13.42µg (12.78%), Manganese: 0.1mg (4.96%), Vitamin C: 3.66mg (4.44%), Calcium: 42.99mg (4.3%), Potassium: 141.12mg (4.03%), Selenium: 2.73µg (3.91%), Fiber: 0.85g (3.4%), Vitamin B2: 0.05mg (2.98%), Folate: 7.5µg (1.88%), Phosphorus: 18.31mg (1.83%), Magnesium: 6.36mg (1.59%), Vitamin A: 76.36IU (1.53%), Iron: 0.26mg (1.44%), Vitamin B5: 0.13mg (1.27%), Vitamin B1: 0.02mg (1.25%), Vitamin E: 0.18mg (1.21%), Vitamin B6: 0.02mg (1.04%)