



## Rhubarb Pie

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



154 kcal

DESSERT

### Ingredients

- 1 Tbsp butter
- 2 Tbsp minute tapioca
- 1 tsp orange zest
- 14.1 oz ready-to-use pie crusts refrigerated (2 crusts)
- 4 cups rhubarb sliced
- 1.3 cups sugar

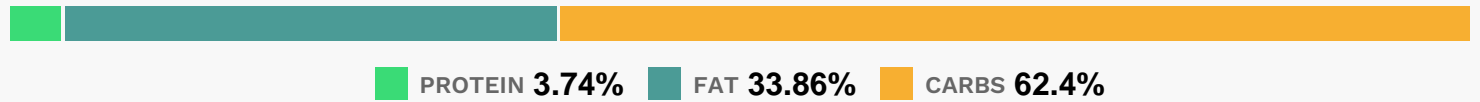
### Equipment

- oven

## Directions

- Heat oven to 425F.
- Combine first 4 ingredients.
- Let stand 15 min.
- Line 9-inch pie plate with 1 crust as directed on package for two-crust pie; fill with fruit mixture. Dot with butter. Cover with remaining crust; seal and flute edge.
- Cut several slits in top crust to allow steam to escape.
- Bake 45 to 50 min. or until juices form bubbles that burst slowly. Cool.

## Nutrition Facts



## Properties

Glycemic Index:4.15, Glycemic Load:8.81, Inflammation Score:-1, Nutrition Score:2.372173882454%

## Flavonoids

Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg

## Nutrients (% of daily need)

Calories: 153.72kcal (7.69%), Fat: 5.86g (9.02%), Saturated Fat: 1.76g (11%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 23.36g (8.49%), Sugar: 12.74g (14.16%), Cholesterol: 0mg (0%), Sodium: 89.45mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin K: 8.61µg (8.2%), Manganese: 0.14mg (6.83%), Vitamin B1: 0.06mg (4%), Folate: 15.74µg (3.93%), Fiber: 0.95g (3.8%), Iron: 0.58mg (3.22%), Vitamin B3: 0.61mg (3.07%), Vitamin B2: 0.04mg (2.59%), Potassium: 90.41mg (2.58%), Vitamin C: 2.09mg (2.53%), Calcium: 25.28mg (2.53%), Selenium: 1.48µg (2.12%), Phosphorus: 17.99mg (1.8%), Magnesium: 5.97mg (1.49%), Vitamin E: 0.18mg (1.2%), Copper: 0.02mg (1.05%), Vitamin B5: 0.1mg (1.03%), Vitamin A: 50.55IU (1.01%)