



Rhubarb Raspberry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon milk
- ☐ 1 oz fr en-butter pastry dough
- ☐ 1.5 cups raspberries
- ☐ 1.5 pounds rhubarb trimmed
- ☐ 1 cup sugar

- ☐ 8 servings accompaniment: vanilla ice cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ kitchen scissors

Directions

- ☐ Divide dough into 2 pieces (1 piece should be slightly smaller than the other). Chill larger dough piece, wrapped in plastic wrap. On a lightly floured surface with a lightly floured rolling pin roll out smaller piece of dough into a 10-inch round (about 1/8 inch thick).
- ☐ Transfer round to a large baking sheet and chill, covered.
- ☐ Roll out remaining dough into an 11-inch round (about 1/8 inch thick) and stack it on top of first round. Chill pastry rounds, loosely covered with plastic wrap, at least 1 hour, or until firm.
- ☐ Cut enough rhubarb crosswise into 1/2-inch slices to measure 4 cups. In a 3-quart kettle stir together 3 cups rhubarb, 1 cup sugar, and cinnamon and cook over moderate heat, stirring constantly, until sugar is melted, about 6 minutes. In a small bowl stir together cornstarch and lemon juice.
- ☐ Add cornstarch mixture to rhubarb mixture and boil, stirring constantly, until rhubarb is thickened, about 5 minutes, and transfer mixture to a bowl. Cool mixture to room temperature, about 30 minutes.
- ☐ Fold raspberries and remaining cup rhubarb into mixture until just combined. Chill rhubarb filling, covered, at least 30 minutes, or until cold.
- ☐ Preheat oven to 425°F.

- ☐
- In a small bowl whisk together egg and milk to make an egg wash. Fit 11-inch round of dough into a 9-inch (1-quart) glass pie plate and trim with scissors, leaving a 1/2-inch overhang. Spoon rhubarb filling into shell, smoothing top, and brush edge of crust with egg wash. Drape remaining pastry round over filling and trim, leaving a 1/2-inch overhang. Crimp edge decoratively. With a sharp small knife score a decorative pattern on crust and brush crust evenly with some egg wash.
- ☐
- Sprinkle crust with remaining 2 tablespoons sugar.
- ☐
- Bake pie on a baking sheet in middle of oven 35 minutes, or until crust is golden brown and cooked through. (If pastry gets too brown too quickly, tent pie with foil.)
- ☐
- Transfer pie to a rack. Cool pie at least 1 hour to set filling.
- ☐
- Serve pie with ice cream.

Nutrition Facts



Properties

Glycemic Index:31.39, Glycemic Load:28.01, Inflammation Score:-4, Nutrition Score:8.7569564580917%

Flavonoids

Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 296.06kcal (14.8%), Fat: 8.54g (13.14%), Saturated Fat: 4.82g (30.1%), Carbohydrates: 52.24g (17.41%), Net Carbohydrates: 48.61g (17.67%), Sugar: 41.14g (45.71%), Cholesterol: 52.51mg (17.5%), Sodium: 83.72mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Vitamin K: 27.02µg (25.74%), Vitamin C: 15.28mg

(18.52%), Manganese: 0.37mg (18.33%), Calcium: 171.34mg (17.13%), Fiber: 3.63g (14.53%), Vitamin B2: 0.24mg (14.2%), Potassium: 431.24mg (12.32%), Phosphorus: 105.58mg (10.56%), Vitamin A: 409.53IU (8.19%), Selenium: 5.19µg (7.42%), Magnesium: 26.4mg (6.6%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.32µg (5.39%), Folate: 21.17µg (5.29%), Vitamin B1: 0.08mg (5.02%), Zinc: 0.75mg (5%), Vitamin E: 0.7mg (4.69%), Vitamin B6: 0.08mg (4%), Iron: 0.67mg (3.7%), Copper: 0.07mg (3.3%), Vitamin B3: 0.62mg (3.12%), Vitamin D: 0.28µg (1.85%)