



Rhubarb-Strawberry Pie

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



381 kcal

DESSERT

Ingredients

- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 15 ounce piecrusts refrigerated
- 3 cups rhubarb fresh sliced
- 2 cups strawberries fresh sliced
- 1 cup sugar
- 1 teaspoon vanilla extract

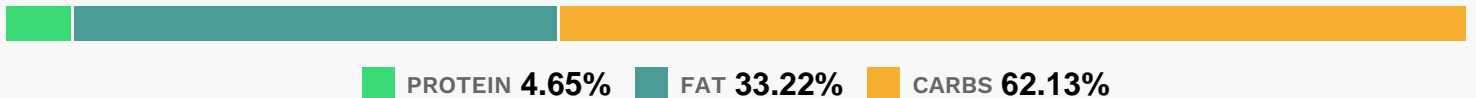
Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack

Directions

- Combine first 6 ingredients in a large bowl; toss gently to coat. Spoon mixture into a 9-inch deep-dish pie plate coated with cooking spray.
- Unfold piecrust, and place on a lightly floured surface.
- Roll piecrust lightly to press out fold lines.
- Place on top of fruit; fold edges under, and crimp. Using a sharp knife, cut 4 (1-inch) slits in top of piecrust to allow steam to escape.
- Place pie plate on a baking sheet.
- Bake at 400 for 50 minutes or until crust is golden.
- Transfer pie to a wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:21.31, Inflammation Score:-3, Nutrition Score:8.321739072385%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg

0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 381kcal (19.05%), Fat: 14.19g (21.83%), Saturated Fat: 4.38g (27.34%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 56.65g (20.6%), Sugar: 27.29g (30.33%), Cholesterol: 0mg (0%), Sodium: 220.01mg (9.57%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 4.47g (8.94%), Vitamin C: 24.83mg (30.1%), Manganese: 0.52mg (26.15%), Vitamin K: 18.13µg (17.27%), Folate: 58.59µg (14.65%), Vitamin B1: 0.2mg (13.66%), Fiber: 3.08g (12.32%), Iron: 1.9mg (10.53%), Vitamin B3: 2.02mg (10.11%), Vitamin B2: 0.14mg (8.41%), Selenium: 5.6µg (8%), Potassium: 245.75mg (7.02%), Phosphorus: 59.05mg (5.91%), Calcium: 57.54mg (5.75%), Magnesium: 19.42mg (4.86%), Copper: 0.08mg (3.84%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.48mg (3.19%), Vitamin B6: 0.06mg (2.85%), Zinc: 0.38mg (2.51%), Vitamin A: 51.89IU (1.04%)