



Saskatoon (Serviceberry) Rhubarb Pie

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 2 tablespoons juice of lemon
- ☐ 30 ounce pie crusts refrigerated
- ☐ 2 cups rhubarb chopped
- ☐ 1 cup sugar white

Equipment

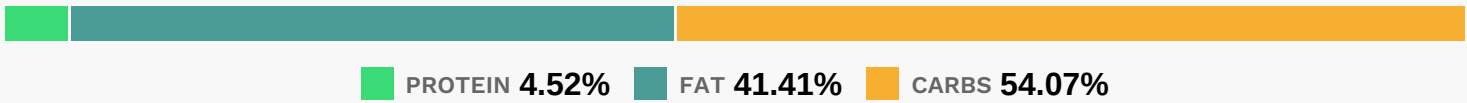
- ☐ sauce pan
- ☐ oven

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Press two of the pie crusts into the bottom and up the sides of two 8 inch pie plates.
- ☐ In a microwave-safe dish, combine the rhubarb and 1/2 cup of sugar.
- ☐ Heat at full power in the microwave until rhubarb is soft and juice is pooling in the bottom of the dish, 4 to 5 minutes.
- ☐ Drain off the juice into a measuring cup and add enough water to make 2 cups. Dissolve the cornstarch in the liquid.
- ☐ In a saucepan, stir together the 2 cups of liquid, lemon juice and remaining 1 cup of sugar.
- ☐ Add the saskatoon berries and rhubarb; cook over medium-high heat until thick and bubbling, about 5 minutes.
- ☐ Pour into the two pie crusts. Top with the remaining crusts and cut holes in the top to vent steam. Pinch the edges together to seal.
- ☐ Bake for 15 minutes in the preheated oven, then reduce the temperature to 350 degrees F (175 degrees C).
- ☐ Bake until crust is golden brown and filling is bubbling, about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:11.71, Inflammation Score:-2, Nutrition Score:5.6486957150957%

Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 403.04kcal (20.15%), Fat: 18.58g (28.58%), Saturated Fat: 5.79g (36.22%), Carbohydrates: 54.59g (18.2%), Net Carbohydrates: 52.42g (19.06%), Sugar: 16.92g (18.8%), Cholesterol: 0mg (0%), Sodium: 291.12mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Manganese: 0.36mg (17.77%), Vitamin B1: 0.2mg (13.3%), Folate: 51.53µg (12.88%), Iron: 1.91mg (10.61%), Vitamin K: 11.13µg (10.6%), Vitamin B3: 1.98mg (9.88%), Fiber: 2.17g (8.68%), Vitamin B2: 0.13mg (7.65%), Selenium: 4.44µg (6.34%), Phosphorus: 54.42mg (5.44%), Potassium: 130.3mg (3.72%), Magnesium: 13.3mg (3.33%), Vitamin C: 2.59mg (3.14%), Calcium: 31.32mg (3.13%), Vitamin B5: 0.31mg (3.08%), Copper: 0.06mg (3.02%), Vitamin E: 0.38mg (2.56%), Zinc: 0.34mg (2.29%), Vitamin B6: 0.04mg (2.07%)