



Sour Cream Rhubarb Pie

READY IN



80 min.

SERVINGS



8

CALORIES



1222 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 3 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 cups rhubarb fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup heavy whipping cream sour
- ☐ 9 inch unbaked pie shell
- ☐ 0.5 teaspoon vanilla extract

☐ 0.3 cup sugar white

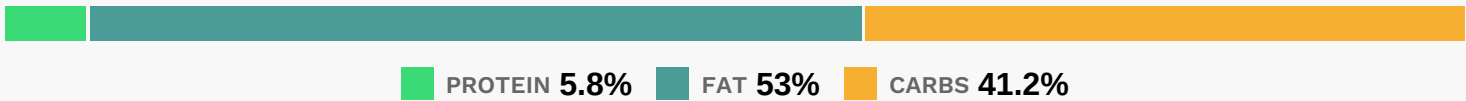
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Beat 1 1/4 cups sugar, sour cream, eggs and 2 tablespoons flour in a large mixing bowl until smooth. Stir in vanilla and salt. Fold in rhubarb.
- ☐ Pour rhubarb mixture into pie shell.
- ☐ Bake for 30 minutes in the preheated oven. Meanwhile, combine 1/3 cup sugar, 1/3 cup flour, and cinnamon in a small bowl.
- ☐ Cut in butter with fork or pastry blender until mixture resembles coarse crumbs. Set aside.
- ☐ Remove pie from oven. Reduce oven temperature to 350 degrees F (175 degrees C).
- ☐ Sprinkle topping mixture evenly over pie. Return pie to oven and bake until filling is set and crust and topping are golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:26.64, Glycemic Load:8.86, Inflammation Score:-6, Nutrition Score:20.381304523219%

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: 1221.62kcal (61.08%), Fat: 71.73g (110.35%), Saturated Fat: 25.46g (159.11%), Carbohydrates: 125.43g (41.81%), Net Carbohydrates: 118.71g (43.17%), Sugar: 9.92g (11.02%), Cholesterol: 93.59mg (31.2%), Sodium: 1072.94mg (46.65%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 17.66g (35.32%), Manganese: 1.17mg (58.61%), Vitamin B1: 0.68mg (45.44%), Folate: 179.94µg (44.99%), Iron: 6.53mg (36.27%), Vitamin B3: 6.57mg (32.83%), Vitamin B2: 0.55mg (32.35%), Selenium: 21.35µg (30.5%), Vitamin K: 30.9µg (29.43%), Fiber: 6.72g (26.89%), Phosphorus: 230.43mg (23.04%), Vitamin B5: 1.33mg (13.31%), Calcium: 125.52mg (12.55%), Potassium: 417.62mg (11.93%), Magnesium: 45.56mg (11.39%), Vitamin E: 1.61mg (10.76%), Copper: 0.2mg (10.23%), Vitamin A: 495.14IU (9.9%), Zinc: 1.41mg (9.43%), Vitamin B6: 0.17mg (8.31%), Vitamin C: 3.93mg (4.76%), Vitamin B12: 0.22µg (3.65%), Vitamin D: 0.33µg (2.2%)