



Strawberry Rhubarb Cream Pie



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 1 egg white
- ☐ 3 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 teaspoon ground nutmeg
- ☐ 4 cups rhubarb chopped
- ☐ 3 cups strawberries fresh halved
- ☐ 1.5 cups sugar white

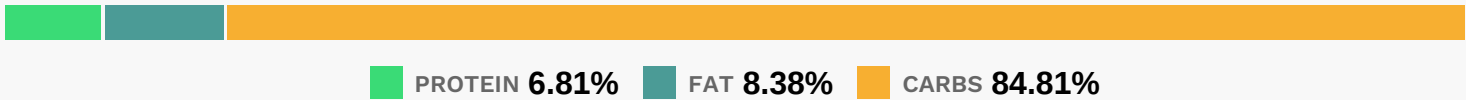
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, mix together sugar, flour, and nutmeg. Stir in eggs. Fold in rhubarb making sure to coat well, then do the same with the strawberries.
- ☐ Pour mixture into pie crust.
- ☐ Place second crust on top being sure to cut slits into it to vent steam.
- ☐ Brush egg white on top crust.
- ☐ Bake for 50 to 60 minutes in the preheated oven, until rhubarb is tender, and crust is golden.

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:29.82, Inflammation Score:-3, Nutrition Score:7.8826086002847%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 215.21kcal (10.76%), Fat: 2.09g (3.21%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 45.16g (16.42%), Sugar: 40.89g (45.43%), Cholesterol: 61.38mg (20.46%), Sodium: 33.12mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.63%), Vitamin C: 36.64mg (44.41%), Manganese: 0.37mg (18.33%), Vitamin K: 19.12µg (18.21%), Selenium: 8.25µg (11.79%), Fiber: 2.32g (9.29%), Vitamin B2: 0.15mg (8.74%), Potassium: 292.77mg (8.36%), Folate: 32.43µg (8.11%), Calcium: 71.91mg (7.19%), Phosphorus: 59.35mg (5.94%), Iron: 0.85mg (4.74%), Magnesium: 17.93mg (4.48%), Vitamin B1: 0.06mg (4.21%), Vitamin B5: 0.4mg (3.97%), Vitamin B6: 0.07mg (3.51%), Vitamin E: 0.5mg (3.31%), Vitamin B3: 0.64mg (3.2%), Vitamin A: 157.99IU (3.16%), Copper: 0.06mg (3.08%), Zinc: 0.39mg (2.57%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.33µg (2.2%)