



Strawberry-Rhubarb Crumble Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1476 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup .3 oz. of pearl tapioca instant
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 tablespoon orange zest grated
- ☐ 9 inch unbaked piecrust homemade store bought (or)
- ☐ 4 cups rhubarb sliced
- ☐ 0.1 teaspoon salt
- ☐ 4 cups strawberries cut in half

- ☐ 1.5 cups sugar
- ☐ 8 tablespoons butter unsalted softened (1 stick)
- ☐ 8 servings [embed_with_br
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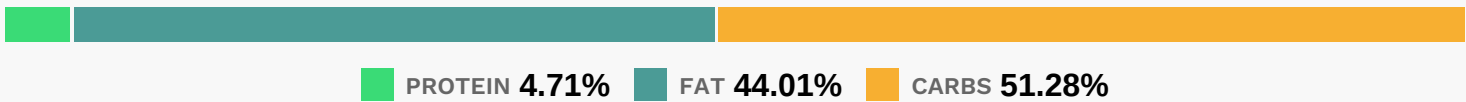
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425F.
- ☐ Place a rack in lower third of oven and line a baking sheet with foil.
- ☐ Mix all filling ingredients in a large bowl and let rest for 15 minutes, stirring occasionally.
- ☐ Mix flour, sugar and salt in a bowl. Using your fingers, rub in butter until mixture forms clumps. Stir in almonds.
- ☐ Spoon filling into pie shell and sprinkle evenly with topping.
- ☐ Place pie on lined baking sheet and bake 15 minutes. Turn oven down to 350F and bake 1 hour longer, until fruit is bubbly and topping is brown and crisp.
- ☐ Let cool on a wire rack for at least 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:36.69, Inflammation Score:-8, Nutrition Score:25.920000108688%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epicatechin 3–gallate: 0.47mg, Epicatechin 3–gallate: 0.47mg, Epicatechin 3–gallate: 0.47mg, Epicatechin 3–gallate: 0.47mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1475.87kcal (73.79%), Fat: 72.54g (111.6%), Saturated Fat: 25.76g (161.02%), Carbohydrates: 190.2g (63.4%), Net Carbohydrates: 181.05g (65.84%), Sugar: 55.17g (61.3%), Cholesterol: 30.1mg (10.03%), Sodium: 965.88mg (41.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.93%), Manganese: 1.6mg (79.85%), Vitamin C: 48.24mg (58.47%), Folate: 210.11µg (52.53%), Vitamin B1: 0.78mg (52.02%), Iron: 7.27mg (40.4%), Vitamin B3: 7.62mg (38.12%), Fiber: 9.14g (36.57%), Vitamin K: 36.91µg (35.15%), Vitamin B2: 0.55mg (32.36%), Selenium: 19.78µg (28.25%), Phosphorus: 227.2mg (22.72%), Vitamin E: 2.73mg (18.17%), Magnesium: 65.9mg (16.48%), Potassium: 572.9mg (16.37%), Copper: 0.29mg (14.51%), Calcium: 135.76mg (13.58%), Vitamin B5: 1.18mg (11.77%), Zinc: 1.43mg (9.5%), Vitamin B6: 0.18mg (9.02%), Vitamin A: 426.16IU (8.52%), Vitamin D: 0.21µg (1.4%)