



Strawberry Rhubarb Custard Pie

READY IN



140 min.

SERVINGS



8

CALORIES



341 kcal

DESSERT

Ingredients

- 1 tablespoon butter diced
- 3 large eggs
- 3 tablespoons flour all-purpose
- 3 tablespoons milk
- 0.3 teaspoon nutmeg freshly grated
- 3 cups rhubarb sliced
- 1 cup strawberries fresh quartered
- 2 tablespoons strawberry jam
- 19-inch unbaked pie crust for recipe link () (see footnote)

- 0.3 teaspoon water
- 1.5 cups sugar white

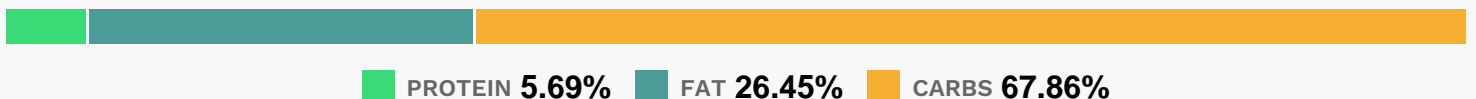
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place rolled-out pie crust in a 9-inch pie plate and set on a baking sheet lined with parchment paper or a silicone baking mat.
- Combine rhubarb and strawberries in a bowl; transfer to the pie crust, distributing evenly.
- Whisk eggs, sugar, milk, flour, and nutmeg together in a medium bowl. Slowly pour filling over rhubarb mixture until it just reaches the top edge of the crust. Scatter diced butter evenly over the top of the filling. Lightly tap and shake the baking sheet to remove any air bubbles.
- Transfer pie to the preheated oven and bake, turning halfway through, until rhubarb is tender and custard is set, about 1 hour.
- Mix strawberry jam and water in a small bowl; heat in the microwave until warm, about 15 seconds. Glaze the top of the pie with the jam mixture and let cool. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:51.39, Glycemic Load:30.28, Inflammation Score:-3, Nutrition Score:7.0808695088262%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 341.19kcal (17.06%), Fat: 10.22g (15.72%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 58.99g (19.66%), Net Carbohydrates: 57.03g (20.74%), Sugar: 41.6g (46.22%), Cholesterol: 74.19mg (24.73%), Sodium: 146.32mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.89%), Vitamin C: 14.69mg (17.8%), Vitamin K: 15.83µg (15.08%), Manganese: 0.3mg (14.98%), Selenium: 9.16µg (13.09%), Vitamin B2: 0.18mg (10.53%), Folate: 39.63µg (9.91%), Fiber: 1.95g (7.81%), Vitamin B1: 0.12mg (7.74%), Phosphorus: 76.07mg (7.61%), Iron: 1.33mg (7.38%), Calcium: 66.73mg (6.67%), Potassium: 226.11mg (6.46%), Vitamin B3: 1.07mg (5.36%), Vitamin B5: 0.49mg (4.86%), Vitamin A: 203.23IU (4.06%), Magnesium: 15.47mg (3.87%), Vitamin E: 0.54mg (3.59%), Vitamin B6: 0.07mg (3.48%), Vitamin B12: 0.2µg (3.34%), Zinc: 0.48mg (3.19%), Copper: 0.06mg (3.14%), Vitamin D: 0.44µg (2.91%)