



Strawberry Rhubarb Meringue Dessert

 Vegetarian

READY IN



175 min.

SERVINGS



15

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 1 cup butter cold
- ☐ 0.5 teaspoon cream of tartar
- ☐ 6 egg whites
- ☐ 6 egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 5 cups rhubarb thinly sliced
- ☐ 1 teaspoon salt

- ☐ 2 cups strawberries thinly sliced
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Whisk together 2 cups of flour and 2 tablespoons of sugar in a bowl; use a pastry cutter to cut the butter into the flour mixture until the mixture resembles coarse crumbs. Press the crust into the bottom and up the sides of the prepared baking dish.
- ☐ Bake crust in the preheated oven until lightly browned, about 20 minutes.
- ☐ Mix together 2 cups of sugar, 1/3 cup of flour, salt, egg yolks, and cream in a large bowl until well combined; stir in the rhubarb and strawberries.
- ☐ Pour the filling into the baked crust.
- ☐ Return to oven, and bake until the filling is set, 50 to 60 more minutes.
- ☐ Meanwhile, place egg whites and cream of tartar in a large mixing bowl, and beat with an electric mixer on medium-high speed until the whites form soft peaks; gradually beat in 3/4 cup of sugar until the mixture forms glossy, stiff peaks; beat in the vanilla extract.
- ☐ Remove the dessert from the oven, and top with the meringue, swirling and lifting your spatula to make decorative peaks and swirls. Return to oven, and bake until the meringue is pale golden brown, about 15 more minutes. Cool the pie to room temperature, then chill to serve.

Nutrition Facts

 **PROTEIN 5.83%**  **FAT 69.24%**  **CARBS 24.93%**

Properties

Glycemic Index:16.54, Glycemic Load:9.1, Inflammation Score:-5, Nutrition Score:6.0904348155727%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg 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: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 256.2kcal (12.81%), Fat: 20.13g (30.97%), Saturated Fat: 12.14g (75.9%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 15.11g (5.49%), Sugar: 12.01g (13.34%), Cholesterol: 128.23mg (42.74%), Sodium: 282.05mg (12.26%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 3.81g (7.63%), Vitamin C: 14.64mg (17.74%), Vitamin A: 759.03IU (15.18%), Vitamin K: 13.96µg (13.3%), Selenium: 8.59µg (12.27%), Vitamin B2: 0.16mg (9.29%), Manganese: 0.18mg (8.99%), Calcium: 62.93mg (6.29%), Folate: 24.62µg (6.15%), Potassium: 212.71mg (6.08%), Vitamin E: 0.85mg (5.67%), Phosphorus: 56.04mg (5.6%), Fiber: 1.19g (4.76%), Vitamin D: 0.64µg (4.28%), Vitamin B5: 0.37mg (3.66%), Vitamin B1: 0.05mg (3.44%), Vitamin B12: 0.2µg (3.37%), Iron: 0.53mg (2.96%), Magnesium: 11.12mg (2.78%), Vitamin B6: 0.05mg (2.59%), Zinc: 0.31mg (2.07%), Vitamin B3: 0.39mg (1.96%), Copper: 0.03mg (1.65%)