



Strawberry-Rhubarb Pie

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



211 kcal

DESSERT

Ingredients

- 1 Tbsp butter
- 0.3 cup minute tapioca
- 14.1 oz ready-to-use pie crusts refrigerated (2 crusts)
- 2 cups rhubarb sliced
- 2 cups strawberries halved
- 1.3 cups sugar

Equipment

- oven

Directions

- Combine first 4 ingredients.
- Let stand 15 min.
- Heat oven to 425F. Line 9-inch pie plate with 1 crust as directed on package for two-crust pie; fill with fruit mixture. Dot with butter. Cover with remaining crust; seal and flute edge.
- Cut several slits in top crust to permit steam to escape.
- Bake 45 min. or until juices form bubbles that burst slowly. Cool.

Nutrition Facts

PROTEIN 3.59% **FAT 32.94%** **CARBS 63.47%**

Properties

Glycemic Index:8.21, Glycemic Load:12.13, Inflammation Score:-2, Nutrition Score:3.6200000366763%

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: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg 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: 211.1kcal (10.56%), Fat: 7.84g (12.06%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 32.66g (11.88%), Sugar: 17.75g (19.72%), Cholesterol: 0mg (0%), Sodium: 118.8mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin C: 12.59mg (15.26%), Manganese: 0.22mg (11.22%), Vitamin K: 7.13µg (6.79%), Folate: 24.41µg (6.1%), Vitamin B1: 0.08mg (5.42%), Fiber: 1.34g (5.37%), Iron: 0.82mg (4.53%), Vitamin B3: 0.84mg (4.21%), Vitamin B2: 0.06mg (3.41%), Potassium: 102.8mg (2.94%), Selenium: 1.87µg (2.68%), Phosphorus: 26.29mg (2.63%), Calcium: 22.57mg (2.26%), Magnesium: 8.47mg (2.12%), Copper: 0.03mg

(1.69%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.15mg (1.47%), Vitamin B6: 0.03mg (1.32%), Zinc: 0.16mg (1.1%),
Vitamin A: 52.55IU (1.05%)