



Strawberry Rhubarb Pie



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 0.3 cup minute tapioca
- ☐ 1.5 cups rhubarb sliced into 1/2 inch pieces
- ☐ 1 tsp salt
- ☐ 4.5 cups strawberries ripe halved sliced (small berries , large berries)
- ☐ 1 cup sugar
- ☐ 1.5 tbsp sugar
- ☐ 1.5 tbsp butter unsalted

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Have your pie crusts rolled out and ready to go before you begin. Preheat oven to 450 degrees F.
- ☐ Place sliced and halved strawberries into a medium mixing bowl.
- ☐ Place rhubarb in the mixing bowl with the strawberries.
- ☐ Add sugar, minute tapioca pearls, and salt to the fruit. Stir for a minute or two until all the fruit is evenly coated with sugar, tapioca and salt.
- ☐ Pour the mixture into the lower crust of your pie.
- ☐ Cut the butter into small chunks and dot the top of the filling with it. Cover the pie with the upper crust. Seal the pie and crimp the edges. For detailed instructions on this, see my recipe for Old Fashioned All-Butter Pie Crust. I like to add an egg wash to the pie (optional)-- whisk together an egg yolk with 1 tsp of water, then brush the top of the pie lightly to coat it. Slit the top of the crust to make a few small vents. I like to sprinkle the top of the crust with turbinado sugar for a sparkly finish (optional).
- ☐ Place pie on a cookie sheet (in case the filling leaks) and place the pie in the oven.
- ☐ Let the pie cook for 10–15 minutes until the top of the crust begins to look golden and blistered. Turn oven down to 375 degrees F. Cook the pie for about 30 minutes longer, until the juices from the berry filling begin to thicken and bubble through the vents in the upper crust. Don't worry if the filling leaks out through the vents a bit, this is totally normal and hard to avoid with a juicy fruit pie. It's part of the charm. :)
- ☐ Remove pie from oven.
- ☐ Let pie cool on a wire rack for 2–3 hours. During this time, the juices will thicken and the filling will set.
- ☐ Serve and enjoy! Pie will stay fresh for about 3 days out of the refrigerator if kept in a cool, dry area. Keep in the refrigerator to extend shelf life for up to a week.

Nutrition Facts



 **PROTEIN 1.71%**  **FAT 12.63%**  **CARBS 85.66%**

Properties

Glycemic Index:15.39, Glycemic Load:19.37, Inflammation Score:-3, Nutrition Score:5.8369566014279%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 171.71kcal (8.59%), Fat: 2.53g (3.89%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 36.54g (13.29%), Sugar: 31.4g (34.88%), Cholesterol: 5.72mg (1.91%), Sodium: 293.02mg (12.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 49.46mg (59.95%), Manganese: 0.36mg (18.02%), Vitamin K: 8.67µg (8.26%), Fiber: 2.03g (8.13%), Potassium: 191.66mg (5.48%), Folate: 21.12µg (5.28%), Calcium: 33.97mg (3.4%), Magnesium: 13.38mg (3.35%), Vitamin E: 0.36mg (2.39%), Phosphorus: 23.3mg (2.33%), Copper: 0.05mg (2.31%), Iron: 0.41mg (2.26%), Vitamin B6: 0.04mg (2.18%), Vitamin A: 99.59IU (1.99%), Vitamin B3: 0.38mg (1.91%), Vitamin B2: 0.03mg (1.78%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.12mg (1.24%), Selenium: 0.75µg (1.08%)