



Strawberry-Rhubarb Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 0.4 lb butter
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 cups rhubarb thick sliced ()
- ☐ 0.3 teaspoon salt
- ☐ 2 cups strawberries thick sliced ()
- ☐ 0.8 cup sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a food processor or a bowl, combine 2 cups flour, 1/4 cup sugar, and salt.
- ☐ Cut all but 2 teaspoons butter into small pieces and add to flour mixture. Whirl or rub in with your fingers until fine crumbs form.
- ☐ Add 1/4 cup water; whirl or stir with a fork just until dough holds together. Pat into a smooth 5-inch round. Wrap airtight and freeze until slightly firm, about 15 minutes.
- ☐ Meanwhile, in a bowl, gently mix strawberries, rhubarb, 1/2 cup sugar, 3 tablespoons flour, and cardamom.
- ☐ On a lightly floured board, roll dough into a 14-inch round. Slide onto a 14- by 17-inch baking sheet; if dough tears, press back together.
- ☐ Stir berry mixture; spoon evenly onto pastry, leaving a 3-inch border. Fold dough border over edges of fruit, tucking to incorporate excess pastry.
- ☐ Melt remaining 2 teaspoons butter in a microwave-safe bowl in a microwave oven at full power (100%), about 15 seconds.
- ☐ Brush pastry rim with butter and sprinkle with 1 teaspoon sugar.
- ☐ Bake in a 375 regular or 350 convection oven until pastry is browned and fruit bubbling, 40 to 45 minutes.
- ☐ Let cool at least 30 minutes. Slide a long metal spatula under pastry to release. Slide pie onto a platter.
- ☐ Serve warm or cool.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:20.31, Glycemic Load:26.74, Inflammation Score:-6, Nutrition Score:7.4191303939923%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 297.08kcal (14.85%), Fat: 14.16g (21.78%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.14g (13.87%), Sugar: 16.72g (18.58%), Cholesterol: 0mg (0%), Sodium: 220.53mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 18.94mg (22.96%), Manganese: 0.38mg (18.98%), Vitamin B1: 0.23mg (15.63%), Folate: 60.26µg (15.06%), Selenium: 10.01µg (14.3%), Vitamin A: 636.78IU (12.74%), Vitamin B2: 0.16mg (9.52%), Vitamin B3: 1.85mg (9.25%), Iron: 1.5mg (8.33%), Vitamin K: 7.87µg (7.49%), Fiber: 1.8g (7.21%), Vitamin E: 0.69mg (4.62%), Phosphorus: 44.79mg (4.48%), Potassium: 153mg (4.37%), Calcium: 35.48mg (3.55%), Magnesium: 13.6mg (3.4%), Copper: 0.06mg (3.05%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.27mg (1.8%), Vitamin B6: 0.03mg (1.68%)