



## Strawberry Rhubarb Pie III

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 1 teaspoon orange zest
- ☐ 6 tablespoons quick-cooking tapioca
- ☐ 4 cups rhubarb diced
- ☐ 1 teaspoon salt
- ☐ 3 cups strawberries fresh sliced

☐ 1 cup sugar white

Equipment

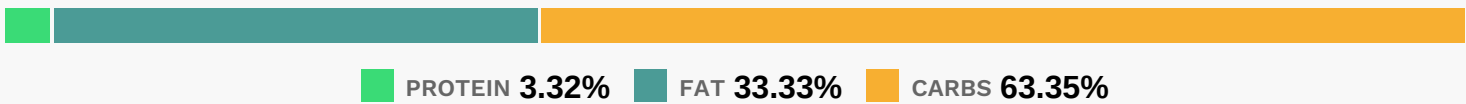
☐ oven

☐ pie form

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Line a pie pan with bottom crust.
- ☐ Mix together rhubarb, strawberries, orange zest, 1 1/2 cups sugar, and tapioca. Spoon into crust.
- ☐ Roll out second crust, and place over the filling. Seal the edges.
- ☐ Brush with milk, and sprinkle extra sugar on top.
- ☐ Bake at 400 degrees F (205 degrees C) for 10 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake for an additional 35 minutes.
- ☐ For a crumb topping, omit top pie crust.
- ☐ Combine flour, 1 cup sugar, and salt.
- ☐ Cut in butter or margarine until mixture is crumbly. Spoon over filling, and bake as directed above.

Nutrition Facts



Properties

Glycemic Index:35.76, Glycemic Load:27.56, Inflammation Score:-5, Nutrition Score:8.4426087277091%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg

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Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol:  
0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,  
Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin:  
0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

**Nutrients (% of daily need)**

Calories: 317.53kcal (15.88%), Fat: 12.08g (18.59%), Saturated Fat: 7.39g (46.2%), Carbohydrates: 51.68g (17.23%),  
Net Carbohydrates: 49.05g (17.84%), Sugar: 28.4g (31.56%), Cholesterol: 30.73mg (10.24%), Sodium: 386.17mg  
(16.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin C: 36.97mg (44.81%),  
Manganese: 0.44mg (21.82%), Vitamin K: 20.11µg (19.15%), Folate: 46.32µg (11.58%), Fiber: 2.63g (10.51%), Vitamin B1:  
0.15mg (9.99%), Selenium: 6.51µg (9.31%), Vitamin A: 427.33IU (8.55%), Potassium: 282.33mg (8.07%), Vitamin B2:  
0.12mg (7.04%), Calcium: 69.99mg (7%), Vitamin B3: 1.32mg (6.62%), Iron: 1.1mg (6.11%), Magnesium: 18.35mg  
(4.59%), Vitamin E: 0.66mg (4.41%), Phosphorus: 43.73mg (4.37%), Copper: 0.06mg (3.17%), Vitamin B6: 0.05mg  
(2.45%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.27mg (1.8%)