



Strawberry Rhubarb Pie III

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon milk
- ☐ 1 teaspoon orange zest
- ☐ 8 servings double crust pie crust
- ☐ 6 tablespoons quick-cooking tapioca
- ☐ 4 cups rhubarb diced
- ☐ 3 cups strawberries fresh sliced
- ☐ 1.5 cups sugar white

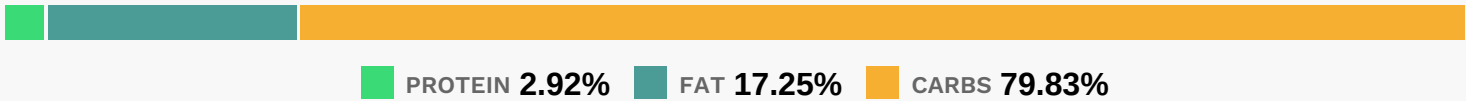
Equipment

- ☐ 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:20.14, Glycemic Load:27.66, Inflammation Score:-3, Nutrition Score:7.1821739233058%

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 Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg 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

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: 304.16kcal (15.21%), Fat: 6g (9.24%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 62.53g (20.84%), Net Carbohydrates: 59.79g (21.74%), Sugar: 40.83g (45.36%), Cholesterol: 0.22mg (0.08%), Sodium: 90.99mg (3.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin C: 36.97mg (44.81%), Manganese: 0.42mg (21.17%), Vitamin K: 20.62µg (19.64%), Fiber: 2.74g (10.94%), Potassium: 283.01mg (8.09%), Folate: 32.18µg (8.05%), Calcium: 68.22mg (6.82%), Vitamin B1: 0.08mg (5.66%), Iron: 0.93mg (5.16%), Vitamin B3: 0.97mg (4.85%), Vitamin B2: 0.08mg (4.48%), Magnesium: 17.81mg (4.45%), Phosphorus: 38.75mg (3.87%), Selenium: 2.36µg (3.37%), Copper: 0.06mg (2.88%), Vitamin E: 0.42mg (2.8%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.24mg (1.63%), Vitamin A: 73IU (1.46%)