



Summer Strawberry Rhubarb Pie

READY IN



70 min.

SERVINGS



8

CALORIES



1108 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter diced
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 9 inch double crust pie
- ☐ 2 cups rhubarb diced
- ☐ 2.5 cups strawberries hulled
- ☐ 1 tablespoon sugar white

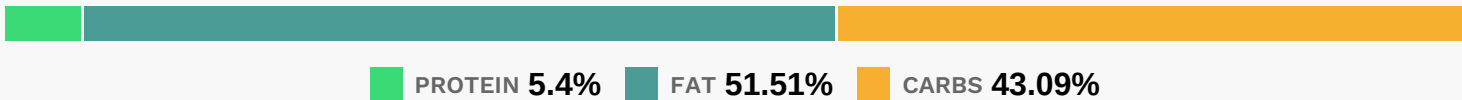
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Divide the pie pastry in half; roll out half into a circle on a floured work surface, and line a 9-inch pie dish with bottom crust.
- ☐ Roll the remaining half out into a 10-inch circle on a floured work surface, and set aside.
- ☐ Mix the rhubarb, whole strawberries, 1 cup of sugar, flour, butter, and nutmeg together in a bowl.
- ☐ Pour the filling into the crust-lined pie dish.
- ☐ Cut the remaining crust into 3/4-inch wide strips (use a scalloped edge pastry cutter for a prettier crust). Moisten the rim of the filled bottom crust with a bit of water, and lay the two longest strips in a cross in the middle of the pie. Working from the next longest down to the shortest strips, alternate horizontal and vertical strips, weaving the strips as you go. Press the lattice strips down onto the bottom crust edge to seal, and trim the top crust strips neatly.
- ☐ Mix 1 tablespoon of sugar with cinnamon in a small bowl, and set aside.
- ☐ Bake in the preheated oven for 10 minutes; reduce heat to 375 degrees F (190 degrees C).
- ☐ Remove pie.
- ☐ Sprinkle the top with the cinnamon-sugar mixture, and return to oven; bake until the crust is golden brown and the filling is bubbling, about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:40.39, Glycemic Load:4.35, Inflammation Score:-6, Nutrition Score:19.737826156875%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1107.64kcal (55.38%), Fat: 63.18g (97.2%), Saturated Fat: 21.1g (131.89%), Carbohydrates: 118.95g (39.65%), Net Carbohydrates: 111.62g (40.59%), Sugar: 4.07g (4.52%), Cholesterol: 11.29mg (3.76%), Sodium: 955.81mg (41.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Manganese: 1.3mg (65.01%), Vitamin B1: 0.67mg (44.46%), Folate: 177.8µg (44.45%), Vitamin C: 28.91mg (35.04%), Iron: 6.31mg (35.04%), Vitamin B3: 6.58mg (32.89%), Fiber: 7.33g (29.3%), Vitamin K: 26.81µg (25.53%), Vitamin B2: 0.42mg (24.89%), Selenium: 14.73µg (21.05%), Phosphorus: 182.84mg (18.28%), Magnesium: 44.49mg (11.12%), Potassium: 381.71mg (10.91%), Copper: 0.2mg (10.2%), Vitamin B5: 1.02mg (10.17%), Vitamin E: 1.38mg (9.19%), Calcium: 80.66mg (8.07%), Zinc: 1.14mg (7.63%), Vitamin B6: 0.14mg (7.17%), Vitamin A: 170.76IU (3.42%)