



10-inch Pie Pastry

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



154 kcal

CRUST

Ingredients

- ☐ 0.3 cup butter cold
- ☐ 1.5 cups regular flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup solid shortening cold
- ☐ 3 tablespoons water cold

Equipment

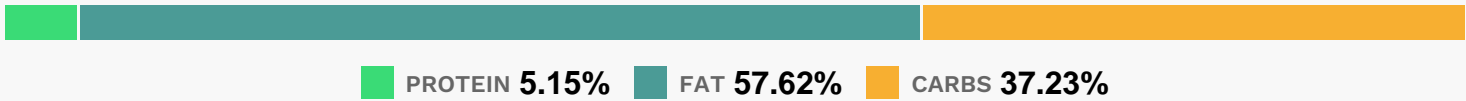
- ☐ bowl
- ☐ frying pan

- ☐ blender
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ In a bowl, mix 1 1/2 cups unbleached or regular all-purpose flour and 1/4 teaspoon salt.
- ☐ Add 1/4 cup (2 oz.) cold butter or margarine, cut into chunks, and 1/4 cup cold solid shortening, cut into chunks (or omit butter and use 1/2 cup shortening). With a pastry blender or your fingers, cut in the fats or rub with your fingers until mixture forms pea-size crumbs.
- ☐ Sprinkle 3 tablespoons cold water over crumbs and mix with your hands until evenly moistened. Gently squeeze about 1/4 cup of the dough into a ball; if it won't hold together, crumble lump back into bowl, sprinkle with 1 more tablespoon water, and mix again until evenly moistened.
- ☐ With lightly floured hands, form dough into a ball. Dust ball lightly with flour; flatten into a round about 3/4 inch thick, pressing edges to make smooth.
- ☐ On a lightly floured surface, with a lightly floured rolling pin, roll dough firmly but gently in short strokes from the center outward to form a round 1/8 inch thick and about 14 inches wide; lift and turn dough occasionally, dusting underneath with more flour. If edges split while rolling, press them back toward the center to make smooth.
- ☐ Fold dough round in half, lift gently without stretching, and lay folded edge across the center of a 10-inch pie pan. Unfold and ease dough into pan. Trim edge evenly 1 inch beyond pan rim; reserve scraps for other uses or discard. Fold edge under itself flush with rim; flute decoratively. Cover crust and chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:10.35, Inflammation Score:-3, Nutrition Score:3.0621739370829%

Nutrients (% of daily need)

Calories: 154.36kcal (7.72%), Fat: 9.88g (15.2%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 13.85g (5.04%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 112.46mg (4.89%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin B1: 0.15mg (9.92%), Selenium: 6.36µg (9.08%), Folate: 34.37µg (8.59%), Manganese: 0.13mg (6.4%), Vitamin B2: 0.09mg (5.57%), Vitamin B3: 1.11mg (5.54%), Iron: 0.87mg (4.86%), Vitamin A: 202.99IU (4.06%), Vitamin E: 0.5mg (3.34%), Vitamin K: 2.78µg (2.65%), Phosphorus: 21.56mg (2.16%), Fiber: 0.51g (2.03%), Copper: 0.03mg (1.39%), Vitamin B5: 0.12mg (1.22%), Magnesium: 4.34mg (1.09%)