

Alan's Pie Crust

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



726 kcal

CRUST

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.3 cup lard
- ☐ 0.3 cup lard

Equipment

- ☐ bowl

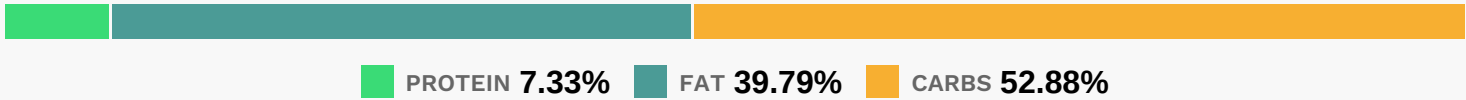
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wax paper

Directions

- ☐ Mix the flour and the salt in a large bowl.
- ☐ Add the butter or margarine and lard; mix with hands until crumb like texture is achieved.
- ☐ Mix in the water. Pat into a ball, and wrap in wax paper. Refrigerate for at least two hours.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:69.02, Inflammation Score:-8, Nutrition Score:18.642174062522%

Nutrients (% of daily need)

Calories: 726.27kcal (36.31%), Fat: 31.91g (49.09%), Saturated Fat: 19.64g (122.75%), Carbohydrates: 95.41g (31.8%), Net Carbohydrates: 92.04g (33.47%), Sugar: 0.36g (0.4%), Cholesterol: 81.34mg (27.11%), Sodium: 1410.48mg (61.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.47%), Vitamin B1: 0.98mg (65.54%), Selenium: 42.76µg (61.08%), Folate: 229.88µg (57.47%), Manganese: 0.86mg (42.78%), Vitamin B2: 0.63mg (37.08%), Vitamin B3: 7.4mg (36.98%), Iron: 5.82mg (32.32%), Vitamin A: 945.46IU (18.91%), Phosphorus: 144.08mg (14.41%), Fiber: 3.38g (13.5%), Copper: 0.19mg (9.36%), Magnesium: 28.68mg (7.17%), Vitamin E: 0.95mg (6.35%), Zinc: 0.92mg (6.11%), Vitamin B5: 0.59mg (5.89%), Potassium: 143.07mg (4.09%), Calcium: 29.73mg (2.97%), Vitamin K: 3.02µg (2.88%), Vitamin B6: 0.06mg (2.81%), Vitamin B12: 0.06µg (1.07%)