



All-Purpose Light Piecrust

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

CRUST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 4 teaspoons butter unsalted melted
- ☐ 0.3 cup vegetable shortening
- ☐ 0.3 cup water boiling

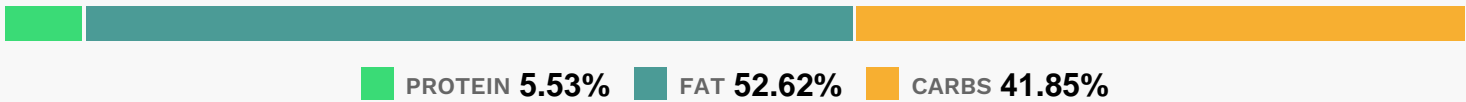
Equipment

- ☐ bowl
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, salt, and baking powder in a bowl; cut in shortening with a pastry blender until mixture resembles coarse meal.
- ☐ Make a well in center of flour mixture.
- ☐ Combine butter and boiling water.
- ☐ Pour butter mixture into center of well. Gently draw flour mixture into butter mixture until moist clumps form. Press dough into a 4-inch circle. Cover, and chill 30 minutes.
- ☐ Slightly overlap 2 sheets of plastic wrap. Unwrap dough; place on plastic. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough into a 13-inch circle.
- ☐ Prepare All-Purpose Light Piecrust, omitting sugar.
- ☐ Add 2 tablespoons minced fresh chives to flour mixture.
- ☐ piecrust (8 servings)

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:11.16, Inflammation Score:-2, Nutrition Score:3.1213043128019%

Nutrients (% of daily need)

Calories: 147.64kcal (7.38%), Fat: 8.63g (13.27%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 14.91g (5.42%), Sugar: 0.55g (0.61%), Cholesterol: 5.38mg (1.79%), Sodium: 87.22mg (3.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin B1: 0.15mg (10.32%), Selenium: 6.65µg

(9.5%), Folate: 35.82µg (8.95%), Manganese: 0.13mg (6.68%), Vitamin B3: 1.15mg (5.77%), Vitamin B2: 0.1mg (5.73%), Iron: 0.93mg (5.14%), Vitamin K: 3.64µg (3.47%), Vitamin E: 0.46mg (3.08%), Phosphorus: 24.43mg (2.44%), Fiber: 0.53g (2.11%), Copper: 0.03mg (1.49%), Vitamin B5: 0.13mg (1.32%), Vitamin A: 62.47IU (1.25%), Calcium: 11.21mg (1.12%), Magnesium: 4.46mg (1.11%)