

Basic Flaky Pie Crust

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



147 kcal

CRUST

Ingredients

- 1.3 cups flour all-purpose
- 3 tablespoons water
- 0.3 teaspoon salt
- 0.5 cup shortening chilled

Equipment

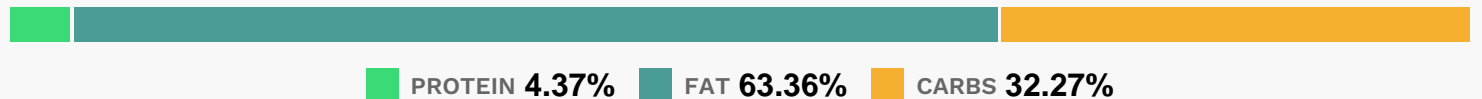
- bowl
- oven
- whisk

- blender
- plastic wrap

Directions

- Whisk the flour and salt together in a medium size bowl. With a pastry blender, cut in the cold shortening until the mixture resembles coarse crumbs.
- Drizzle 2 to 3 tablespoons ice water over flour. Toss mixture with a fork to moisten, adding more water a few drops at a time until the dough comes together.
- Gently gather dough particles together into a ball. Wrap in plastic wrap, and chill for at least 30 minutes before rolling.
- Roll out dough, and put in a pie plate. Fill with desired filling and bake.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:8.63, Inflammation Score:-1, Nutrition Score:2.5952174326648%

Nutrients (% of daily need)

Calories: 147.49kcal (7.37%), Fat: 10.4g (16%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 11.5g (4.18%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 59.08mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin B1: 0.12mg (8.31%), Selenium: 5.3µg (7.57%), Folate: 28.59µg (7.15%), Manganese: 0.11mg (5.34%), Vitamin K: 5.5µg (5.24%), Vitamin B3: 0.92mg (4.61%), Vitamin B2: 0.08mg (4.54%), Vitamin E: 0.64mg (4.25%), Iron: 0.73mg (4.07%), Phosphorus: 16.88mg (1.69%), Fiber: 0.42g (1.69%), Vitamin B5: 0.14mg (1.38%), Copper: 0.02mg (1.16%)