

Basic Pie Dough

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



167 kcal

CRUST

Ingredients

- 1.5 cups flour all-purpose
- 1 teaspoon granulated sugar
- 4 tablespoons water
- 0.3 teaspoon salt fine
- 8 tablespoons butter unsalted cold cut into small pieces (1 stick)

Equipment

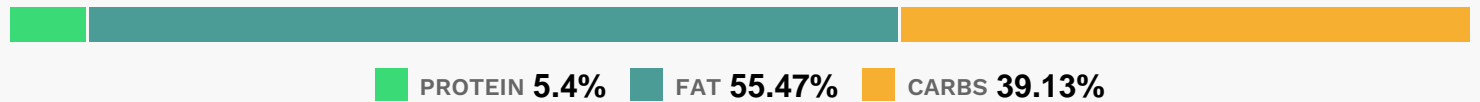
- bowl
- blender

plastic wrap

Directions

- Combine the flour, salt, and sugar in a large bowl and stir briefly until the mixture is aerated. Using a pastry blender or your fingers, cut the butter into the dry ingredients until it's in pea-size pieces that are slightly yellow in color, about 4 to 5 minutes.
- Drizzle in 4 tablespoons of the ice water and mix just until the dough comes together. (
- Add the last tablespoon of ice water if necessary, but don't overwork the dough or it'll become tough.) Shape the dough into a flat disk, cover it in plastic wrap, and refrigerate for at least 30 minutes, then use it in the pie or tart recipe of your choice.

Nutrition Facts



Properties

Glycemic Index:16.12, Glycemic Load:11.81, Inflammation Score:-3, Nutrition Score:3.3995651758235%

Nutrients (% of daily need)

Calories: 166.77kcal (8.34%), Fat: 10.3g (15.85%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 15.79g (5.74%), Sugar: 0.51g (0.56%), Cholesterol: 26.76mg (8.92%), Sodium: 66.72mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin B1: 0.16mg (10.94%), Selenium: 7.19µg (10.27%), Folate: 38.5µg (9.62%), Manganese: 0.14mg (7.14%), Vitamin B2: 0.11mg (6.31%), Vitamin A: 310.99IU (6.22%), Vitamin B3: 1.24mg (6.18%), Iron: 0.97mg (5.39%), Phosphorus: 25.49mg (2.55%), Fiber: 0.56g (2.25%), Vitamin E: 0.3mg (2.01%), Copper: 0.03mg (1.66%), Vitamin D: 0.19µg (1.24%), Magnesium: 4.9mg (1.23%), Zinc: 0.16mg (1.05%), Vitamin B5: 0.1mg (1.05%)