# Basic Pie Pastry

Vegetarian

| READY IN | SERVINGS | CALORIES |
| --- | --- | --- |
| 50 min. | 10 | 233 kcal |

CRUST

## Ingredients

- [ ] 1 egg yolk
- [ ] 2 cups flour all-purpose plus more for rolling
- [ ] 2 tablespoons ice water plus more if needed
- [ ] 1 lemon zest finely grated
- [ ] 0.3 teaspoon salt
- [ ] 3 tablespoons sugar
- [ ] 0.8 cup butter unsalted cold cut into small chunks ()

## Equipment

- [ ] food processor
- [ ] mixing bowl
- [ ] blender

## Directions

- [ ] Combine the flour, sugar, salt, and lemon zest in a large mixing bowl.
- [ ] Add the butter and mix with a pastry blender or your fingers until the mixture resembles coarse crumbs.
- [ ] Add the egg yolk and ice water and work that in with your hands. (Or do the whole thing in a food processor, pulsing a couple of times to combine the dry ingredients, then pulsing in the butter, and then the egg.) Check the consistency of the dough by squeezing a small amount together between thumb and forefingers: You want there to be just enough moisture to bind the dough so that it holds together without being too wet or sticky. If it's still crumbly, add a little more ice water, 1 teaspoon at a time. When you get it to the right consistency, shape the dough into a disk and wrap it in plastic. Put it in the refrigerator and chill for at least 30 minutes.

## Nutrition Facts

PROTEIN **5.16%** FAT **55.86%** CARBS **38.98%**

### Properties

Glycemic Index:14.51, Glycemic Load:16.32, Inflammation Score:-4, Nutrition Score:4.5626086463099%

### Nutrients (% of daily need)

Calories: 233.01kcal (11.65%), Fat: 14.54g (22.38%), Saturated Fat: 8.96g (55.98%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 22.1g (8.03%), Sugar: 3.71g (4.12%), Cholesterol: 56.04mg (18.68%), Sodium: 61.6mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Selenium: 9.68µg (13.83%), Vitamin B1: 0.2mg (13.38%), Folate: 48.97µg (12.24%), Vitamin A: 451.71IU (9.03%), Manganese: 0.17mg (8.62%), Vitamin B2: 0.14mg (8.23%), Vitamin B3: 1.49mg (7.43%), Iron: 1.22mg (6.78%), Phosphorus: 38.18mg (3.82%), Vitamin E: 0.46mg (3.05%), Fiber: 0.74g (2.95%), Vitamin D: 0.35µg (2.35%), Copper: 0.04mg (2.07%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.23mg (1.56%), Magnesium: 6.05mg (1.51%), Vitamin K: 1.28µg (1.22%), Calcium: 11.12mg (1.11%), Vitamin B12: 0.06µg (1.07%)