



Best Ever Pie Crust



Dairy Free



Popular

READY IN



20 min.

SERVINGS



20

CALORIES



136 kcal

CRUST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 0.5 cup water

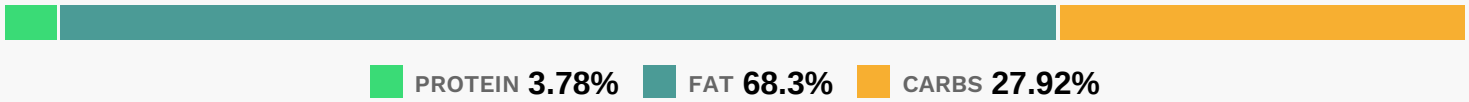
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine flour and salt.
- ☐ Cut in shortening until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Divide dough in half, and shape into balls. Wrap in plastic, and refrigerate for 4 hours or overnight.
- ☐ Roll out dough on a floured counter. Don't over work it. Use as directed in pie recipe.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:6.9, Inflammation Score:-1, Nutrition Score:2.1673913027929%

Nutrients (% of daily need)

Calories: 136.11kcal (6.81%), Fat: 10.37g (15.96%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 9.2g (3.35%), Sugar: 0.03g (0.04%), Cholesterol: 0mg (0%), Sodium: 117.23mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin B1: 0.1mg (6.68%), Selenium: 4.24µg (6.05%), Folate: 22.88µg (5.72%), Vitamin K: 5.49µg (5.23%), Manganese: 0.09mg (4.28%), Vitamin E: 0.64mg (4.24%), Vitamin B3: 0.74mg (3.69%), Vitamin B2: 0.06mg (3.63%), Iron: 0.59mg (3.27%), Fiber: 0.34g (1.35%), Phosphorus: 13.5mg (1.35%), Vitamin B5: 0.12mg (1.24%)