



Biscuit Pie Crust

 Vegetarian

READY IN



10 min.

SERVINGS



20

CALORIES



81 kcal

CRUST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons basil chopped
- ☐ 2 cups flour
- ☐ 0.8 cup milk
- ☐ 0.8 teaspoons salt
- ☐ 6 tablespoons butter unsalted cold cut into 1/4 inch cubes

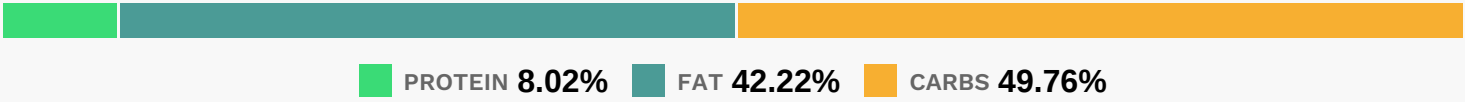
Equipment

- ☐ food processor

Directions

- ☐ Mix the flour, baking powder and salt in a food processor.
- ☐ Add the butter and pulse until it resembles coarse meal.
- ☐ Add the milk and pulse until it forms a dough.Split the dough in half and roll each out on a well floured surface one at a time.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:7.22, Inflammation Score:-2, Nutrition Score:2.4856521892159%

Nutrients (% of daily need)

Calories: 81.47kcal (4.07%), Fat: 3.82g (5.88%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.8g (3.56%), Sugar: 0.48g (0.53%), Cholesterol: 10.13mg (3.38%), Sodium: 155mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin B1: 0.1mg (6.9%), Selenium: 4.46µg (6.36%), Folate: 23.14µg (5.78%), Calcium: 49.8mg (4.98%), Vitamin B2: 0.08mg (4.47%), Manganese: 0.09mg (4.42%), Vitamin B3: 0.75mg (3.76%), Phosphorus: 37.01mg (3.7%), Iron: 0.65mg (3.63%), Vitamin A: 130.33IU (2.61%), Fiber: 0.34g (1.37%), Vitamin K: 1.19µg (1.13%), Vitamin D: 0.16µg (1.09%), Magnesium: 4.22mg (1.06%)