



Boiling Water Pastry

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



2715 kcal

CRUST

Ingredients

- 2 cups cake flour
- 1 pinch salt
- 1 cup shortening
- 0.5 cup water boiling

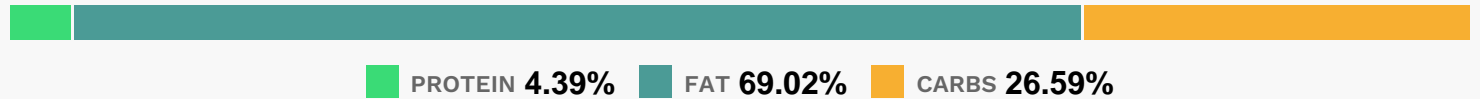
Equipment

- bowl

Directions

- Place shortening in a heat-proof bowl.
- Pour in boiling water and whip mixture until creamy.
- Mix together salt and flour in a separate bowl.
- Add flour mixture to shortening mixture. Stir until pastry stops sticking to sides of bowl. Refrigerate pastry before rolling out.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:117.47, Inflammation Score:-4, Nutrition Score:26.263478407717%

Nutrients (% of daily need)

Calories: 2714.7kcal (135.74%), Fat: 209.15g (321.77%), Saturated Fat: 51.86g (324.13%), Carbohydrates: 181.32g (60.44%), Net Carbohydrates: 175.32g (63.75%), Sugar: 0.77g (0.86%), Cholesterol: 0mg (0%), Sodium: 57.87mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.95g (59.9%), Selenium: 99.25µg (141.79%), Vitamin K: 109.81µg (104.58%), Manganese: 1.98mg (99.01%), Vitamin E: 13.57mg (90.44%), Vitamin B5: 2.49mg (24.89%), Phosphorus: 242.5mg (24.25%), Fiber: 6g (24%), Copper: 0.47mg (23.7%), Folate: 82.5µg (20.63%), Vitamin B1: 0.24mg (16.07%), Magnesium: 63.68mg (15.92%), Zinc: 2.14mg (14.25%), Iron: 2.39mg (13.3%), Vitamin B3: 2.5mg (12.5%), Vitamin B2: 0.15mg (8.82%), Potassium: 250.01mg (7.14%), Vitamin B6: 0.09mg (4.73%), Calcium: 43.12mg (4.31%)