



Butter Crust

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

CRUST

Ingredients

- ☐ 0.3 lb butter
- ☐ 1 large egg yolk
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup sugar

Equipment

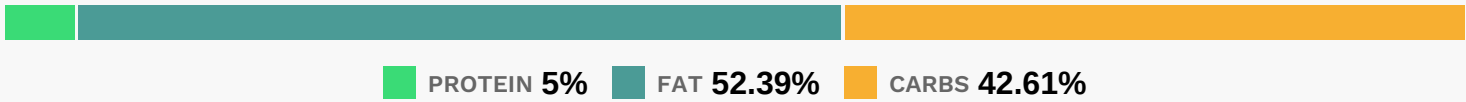
- ☐ food processor
- ☐ bowl
- ☐ oven

☐ tart form

Directions

- ☐ In a food processor or a bowl, combine flour and sugar.
- ☐ Add butter, cut into small pieces; whirl (or rub with your fingers) until fine crumbs form.
- ☐ Add egg yolk; whirl (or mix with a fork) until dough holds together.
- ☐ Firmly press the dough over bottom and sides of a 10-inch tart pan with removable rim.
- ☐ Bake in a 300 oven until pale gold, 25 to 30 minutes; let cool. If making ahead, wrap airtight and let stand at room temperature up to 1 day, or freeze to store longer. Thaw unwrapped.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:12.69, Inflammation Score:-4, Nutrition Score:3.1226087482241%

Nutrients (% of daily need)

Calories: 166.92kcal (8.35%), Fat: 9.76g (15.01%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 17.41g (6.33%), Sugar: 5.04g (5.61%), Cholesterol: 18.36mg (6.12%), Sodium: 108.13mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Selenium: 6.63µg (9.47%), Vitamin B1: 0.14mg (9%), Vitamin A: 430.14IU (8.6%), Folate: 33.1µg (8.27%), Manganese: 0.11mg (5.74%), Vitamin B2: 0.1mg (5.67%), Vitamin B3: 0.99mg (4.94%), Iron: 0.82mg (4.57%), Phosphorus: 27.24mg (2.72%), Vitamin E: 0.41mg (2.7%), Fiber: 0.45g (1.8%), Vitamin B5: 0.13mg (1.33%), Copper: 0.03mg (1.28%), Zinc: 0.16mg (1.04%), Magnesium: 4.09mg (1.02%)