



Butter Crusts

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

278 kcal

SIDE DISH

Ingredients

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

Equipment

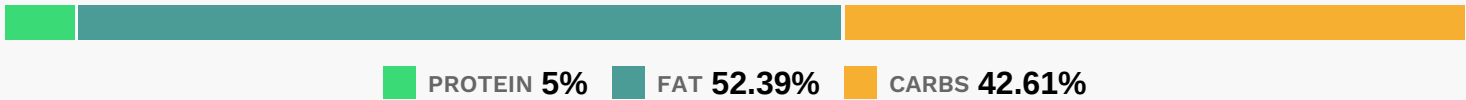
- ☐ food processor
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ tart form

Directions

- ☐ In a food processor or bowl, combine flour and sugar.
- ☐ Add butter; whirl or rub in with your fingers until fine crumbs form.
- ☐ Add yolk; whirl or mix with a fork until dough holds together. Pat into ball.
- ☐ Divide dough into 6 equal portions. Firmly and evenly press each one over bottom and up sides of a 4 1/2-inch tart pan with removable rim. Set pans slightly apart on a 14- by 17-inch baking sheet.
- ☐ Bake in a 300 regular or convection oven until pale gold, 15 to 25 minutes; let cool at least 15 minutes. If making up to 1 day ahead, cool completely, wrap airtight, and store at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:21.15, Inflammation Score:-5, Nutrition Score:5.2069565069092%

Nutrients (% of daily need)

Calories: 278.21kcal (13.91%), Fat: 16.26g (25.02%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 29.02g (10.55%), Sugar: 8.41g (9.34%), Cholesterol: 30.6mg (10.2%), Sodium: 180.22mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Selenium: 11.05µg (15.79%), Vitamin B1: 0.22mg (15%), Vitamin A: 716.9IU (14.34%), Folate: 55.16µg (13.79%), Manganese: 0.19mg (9.57%), Vitamin B2: 0.16mg (9.46%), Vitamin B3: 1.64mg (8.23%), Iron: 1.37mg (7.61%), Phosphorus: 45.4mg (4.54%), Vitamin E: 0.68mg (4.5%), Fiber: 0.75g (3%), Vitamin B5: 0.22mg (2.22%), Copper: 0.04mg (2.14%), Zinc: 0.26mg (1.74%), Magnesium: 6.82mg (1.7%), Calcium: 13.57mg (1.36%), Vitamin B12: 0.07µg (1.24%), Vitamin B6: 0.02mg (1.19%), Potassium: 40.92mg (1.17%), Vitamin D: 0.15µg (1.02%)