



Butter Pastry

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



1668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large egg yolk
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup butter salted cut in pieces
- ☐ 0.3 cup sugar

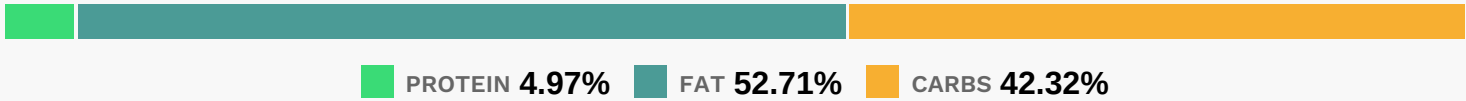
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, whirl flour and sugar.
- ☐ Add butter pieces and whirl until mixture forms fine crumbs.
- ☐ Add egg yolk and whirl until dough holds together.

Nutrition Facts



Properties

Glycemic Index:195.09, Glycemic Load:126.95, Inflammation Score:-9, Nutrition Score:30.34130434368%

Nutrients (% of daily need)

Calories: 1667.7kcal (83.39%), Fat: 98.35g (151.3%), Saturated Fat: 60.22g (376.38%), Carbohydrates: 177.66g (59.22%), Net Carbohydrates: 173.16g (62.97%), Sugar: 50.51g (56.13%), Cholesterol: 427.63mg (142.54%), Sodium: 741.8mg (32.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.77%), Selenium: 67.46µg (96.36%), Vitamin B1: 1.34mg (89.6%), Folate: 333.23µg (83.31%), Vitamin A: 3081.5IU (61.63%), Manganese: 1.15mg (57.4%), Vitamin B2: 0.96mg (56.54%), Vitamin B3: 9.89mg (49.46%), Iron: 8.25mg (45.81%), Phosphorus: 273.54mg (27.35%), Vitamin E: 3.17mg (21.15%), Fiber: 4.5g (18%), Vitamin B5: 1.36mg (13.63%), Copper: 0.26mg (12.83%), Zinc: 1.66mg (11.1%), Magnesium: 39.79mg (9.95%), Vitamin B12: 0.52µg (8.74%), Vitamin K: 8.56µg (8.16%), Calcium: 74.67mg (7.47%), Vitamin B6: 0.14mg (6.81%), Potassium: 225.1mg (6.43%), Vitamin D: 0.92µg (6.12%)