



Buttermilk Cornmeal Crust (single crust)

READY IN



45 min.

SERVINGS



1

CALORIES



1665 kcal

CRUST

Ingredients

- 0.3 cup butter cold cut into pieces
- 4 tablespoons buttermilk
- 1.3 cups flour all-purpose
- 0.3 cup ground stone-ground sifted finely
- 0.5 teaspoon salt
- 0.3 cup shortening cold
- 1 tablespoon sugar

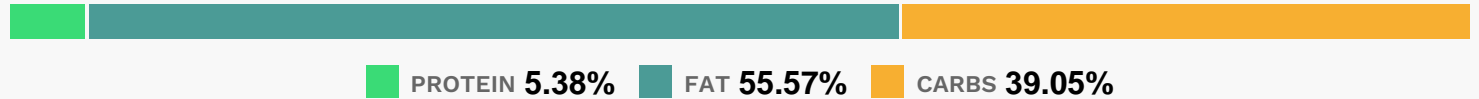
Equipment

- bowl
- blender

Directions

- Combine first 4 ingredients in a bowl; cut in shortening and butter with a pastry blender or fingertips until mixture is about the size of small peas.
- Sprinkle buttermilk evenly over surface; stir with a fork just until dry ingredients are moistened. Cover and chill 1 hour, if desired.
- Roll pastry to 1/8-inch thickness on a lightly floured surface (about 12-inch diameter).
- Place in a 9-inch pie plate; fold edges under, and crimp.

Nutrition Facts



Properties

Glycemic Index:294.59, Glycemic Load:112.85, Inflammation Score:-9, Nutrition Score:32.563912930696%

Nutrients (% of daily need)

Calories: 1664.74kcal (83.24%), Fat: 103.17g (158.72%), Saturated Fat: 43.78g (273.62%), Carbohydrates: 163.13g (54.38%), Net Carbohydrates: 155.17g (56.43%), Sugar: 15.98g (17.76%), Cholesterol: 128.61mg (42.87%), Sodium: 1597.53mg (69.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.93%), Vitamin B1: 1.39mg (92.47%), Selenium: 58.22µg (83.17%), Folate: 304.15µg (76.04%), Manganese: 1.33mg (66.32%), Vitamin B2: 0.93mg (54.92%), Vitamin B3: 10.28mg (51.42%), Iron: 8.52mg (47.33%), Phosphorus: 322.81mg (32.28%), Fiber: 7.96g (31.82%), Vitamin E: 4.74mg (31.61%), Vitamin K: 31.97µg (30.44%), Vitamin A: 1517.18IU (30.34%), Magnesium: 84.07mg (21.02%), Zinc: 2.61mg (17.4%), Copper: 0.34mg (16.9%), Vitamin B6: 0.33mg (16.35%), Vitamin B5: 1.56mg (15.6%), Potassium: 390.28mg (11.15%), Calcium: 109.79mg (10.98%), Vitamin B12: 0.37µg (6.21%), Vitamin D: 0.78µg (5.2%)