



## Buttery Baked Pie Shell

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

CRUST

### Ingredients

- 1 cup flour all-purpose
- 3 tablespoons ice water
- 1 pinch salt
- 5 tablespoons butter unsalted chilled cut into 1/2-inch pieces and

### Equipment

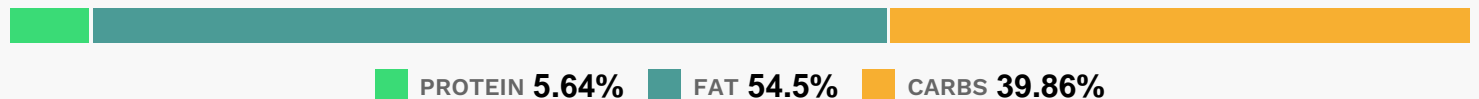
- food processor
- oven
- wire rack

aluminum foil

## Directions

- In a food processor, combine the flour and salt and pulse to blend.
- Add the butter pieces and pulse just until the mixture resembles coarse meal.
- Add the ice water and pulse until the dough just begins to come together. Turn the dough out onto a lightly floured work surface and pat it into a 6-inch disk. Wrap the disk in plastic and refrigerate for at least 30 minutes or overnight.
- Preheat the oven to 35
- On a lightly floured work surface, roll out the dough to an 11-inch round. Fit the dough into a 9-inch glass pie plate and trim the overhang to 1 inch. Fold in the overhang and crimp the edges. Prick the bottom in several places with a fork. Refrigerate until firm, about 10 minutes.
- Line the pie shell with a sheet of foil that extends 2 inches beyond the pie plate. Fill the shell with pie weights or dried beans.
- Bake for 30 minutes, or until the edges are lightly golden.
- Remove the foil and weights and bake the shell for about 10 minutes longer, or until golden and cooked through.
- Let cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:2.5247826019059%

## Nutrients (% of daily need)

Calories: 119.61kcal (5.98%), Fat: 7.25g (11.15%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.51g (4.18%), Sugar: 0.05g (0.05%), Cholesterol: 18.81mg (6.27%), Sodium: 6.4mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin B1: 0.12mg (8.21%), Selenium: 5.38µg (7.69%), Folate: 28.86µg (7.21%), Manganese: 0.11mg (5.35%), Vitamin B2: 0.08mg (4.72%), Vitamin B3: 0.93mg (4.63%), Vitamin A: 218.66IU (4.37%), Iron: 0.73mg (4.04%), Phosphorus: 18.98mg (1.9%), Fiber: 0.42g (1.69%), Vitamin E: 0.21mg (1.42%), Copper: 0.02mg (1.24%)