



Buttery Flaky Pastry

 Vegetarian

READY IN



140 min.

SERVINGS



15

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter cold cut into small cubes
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup ice-cold water
- ☐ 0.5 teaspoon salt

Equipment

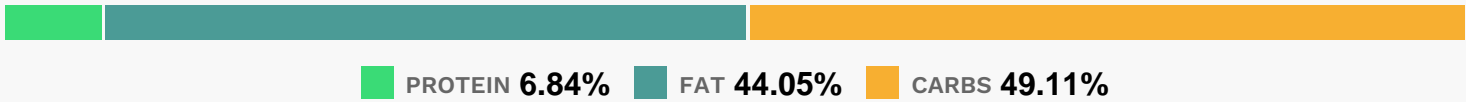
- ☐ food processor
- ☐ bowl
- ☐ baking paper

- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Pulse flour and salt in a food processor 3 or 4 times or until combined.
- ☐ Add butter, and pulse 5 or 6 times or until mixture resembles coarse meal. With processor running, gradually add 1/4 cup ice-cold water, and process just until dough forms a ball and pulls away from sides of bowl, adding up to 1/4 cup more ice-cold water if needed.
- ☐ Gently form dough into a flat disk; wrap in plastic wrap, and chill 1 hour to 2 days.
- ☐ Preheat oven to 40
- ☐ Roll dough into a 12-inch circle (about 1/8 inch thick) on a lightly floured surface. Fit into a lightly greased 9-inch round tart pan with removable bottom, pressing dough on bottom and up sides into fluted edges.
- ☐ Line dough with parchment paper, and fill with pie weights or dried beans.
- ☐ Bake at 400 for 20 minutes.
- ☐ Remove weights and parchment paper, and bake 15 to 20 more minutes or until bottom is golden.
- ☐ Transfer to a wire rack. Cool completely (about 30 minutes).

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:11.5, Inflammation Score:-2, Nutrition Score:3.1513043765141%

Nutrients (% of daily need)

Calories: 130.09kcal (6.5%), Fat: 6.34g (9.75%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 15.34g (5.58%), Sugar: 0.06g (0.07%), Cholesterol: 16.27mg (5.42%), Sodium: 126.78mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin B1: 0.16mg (10.93%), Selenium: 7.14µg (10.2%), Folate: 38.35µg (9.59%), Manganese: 0.14mg (7.11%), Vitamin B2: 0.11mg (6.21%), Vitamin B3: 1.23mg (6.17%),

Iron: 0.97mg (5.38%), Vitamin A: 189.09IU (3.78%), Phosphorus: 24.32mg (2.43%), Fiber: 0.56g (2.25%), Copper: 0.03mg (1.53%), Vitamin E: 0.19mg (1.25%), Magnesium: 4.78mg (1.19%), Zinc: 0.15mg (1.02%)