



Buttery Pastry

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup butter cold cut into 1-in. pieces
- ☐ 2 cups flour
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

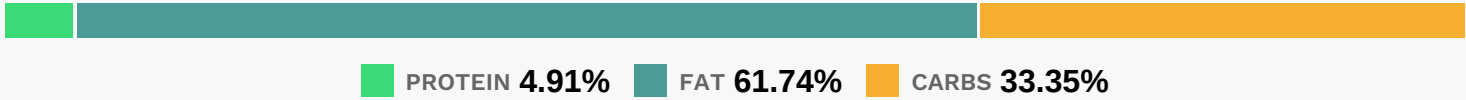
Equipment

- ☐ food processor

Directions

☐ Put all ingredients in a food processor and whirl just until dough comes together and is evenly moistened. Gather into a ball, then shape into a flat disk.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:14.09, Inflammation Score:-4, Nutrition Score:4.3430434815262%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 234.95kcal (11.75%), Fat: 16.2g (24.93%), Saturated Fat: 10.16g (63.49%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 19.01g (6.91%), Sugar: 0.66g (0.74%), Cholesterol: 43.33mg (14.44%), Sodium: 227.86mg (9.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin B1: 0.2mg (13.23%), Selenium: 8.83µg (12.61%), Folate: 46.6µg (11.65%), Vitamin A: 512.95IU (10.26%), Manganese: 0.17mg (8.55%), Vitamin B2: 0.14mg (8.27%), Vitamin B3: 1.49mg (7.44%), Iron: 1.17mg (6.51%), Phosphorus: 34.58mg (3.46%), Vitamin E: 0.47mg (3.1%), Fiber: 0.68g (2.71%), Copper: 0.04mg (1.84%), Magnesium: 6.29mg (1.57%), Vitamin B5: 0.14mg (1.44%), Vitamin K: 1.46µg (1.39%), Zinc: 0.21mg (1.37%), Calcium: 11.87mg (1.19%), Potassium: 37.04mg (1.06%)