



Buttery Pie Pastry

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



93 kcal

CRUST

Ingredients

- ☐ 1 egg yolk lightly beaten
- ☐ 1 cup flour
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted cold cut into cubes

Equipment

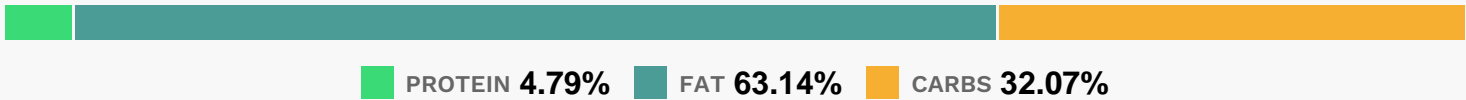
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Whirl together flour, powdered sugar, and salt in a food processor.
- ☐ Drop cubes of cold butter into bowl and pulse until mixture looks like large cracker crumbs and flour.
- ☐ Whirl in egg yolk and 1 to 2 tbsp. ice water, pulsing just until mixture comes together in a shaggy ball but you can still see bits of butter.
- ☐ Divide dough into disks (one for each pan you will use), then wrap in plastic wrap, and chill at least 30 minutes and up to 2 days.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:4.6, Inflammation Score:-2, Nutrition Score:1.6869565416937%

Nutrients (% of daily need)

Calories: 92.6kcal (4.63%), Fat: 6.54g (10.06%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 7.25g (2.64%), Sugar: 1.08g (1.2%), Cholesterol: 29.23mg (9.74%), Sodium: 40.35mg (1.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Selenium: 3.58µg (5.11%), Vitamin B1: 0.07mg (4.53%), Folate: 17.23µg (4.31%), Vitamin A: 206.4IU (4.13%), Vitamin B2: 0.05mg (2.96%), Manganese: 0.06mg (2.9%), Vitamin B3: 0.5mg (2.48%), Iron: 0.42mg (2.34%), Phosphorus: 15.5mg (1.55%), Vitamin E: 0.21mg (1.41%), Vitamin D: 0.18µg (1.19%)