



Cheese Pastry Shells

READY IN



45 min.

SERVINGS



10

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups flour all-purpose
- 1 teaspoon salt
- 0.7 cup shortening
- 2 ounces cheddar cheese shredded
- 0.3 cup water cold

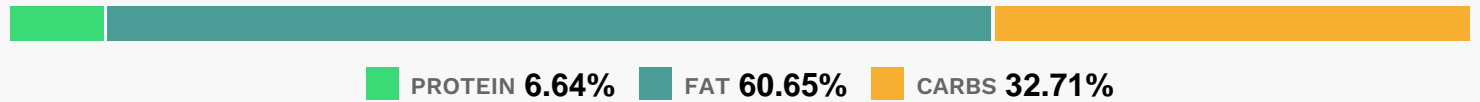
Equipment

- oven
- blender

Directions

- Combine flour and salt; cut in shortening with a pastry blender until mixture resembles coarse meal. Stir in cheese.
- Sprinkle cold water evenly over surface, stirring with a fork until all dry ingredients are moistened.
- Shape dough into 10 balls.
- Roll to 1/4-inch thickness, and fit into ten 3-inch tart pans.
- Bake at 425 for 10 minutes or until golden brown. Gently remove pastry shells from pans; set aside to cool before filling.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:13.84, Inflammation Score:-2, Nutrition Score:4.7334782137819%

Nutrients (% of daily need)

Calories: 234.95kcal (11.75%), Fat: 15.84g (24.37%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 18.54g (6.74%), Sugar: 0.09g (0.1%), Cholesterol: 5.67mg (1.89%), Sodium: 270.97mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Selenium: 10.08µg (14.4%), Vitamin B1: 0.2mg (13.38%), Folate: 46.94µg (11.74%), Vitamin B2: 0.15mg (8.74%), Manganese: 0.17mg (8.58%), Vitamin B3: 1.48mg (7.39%), Vitamin K: 7.48µg (7.13%), Iron: 1.18mg (6.56%), Vitamin E: 0.9mg (5.97%), Phosphorus: 52.97mg (5.3%), Calcium: 44.29mg (4.43%), Fiber: 0.68g (2.7%), Zinc: 0.38mg (2.56%), Vitamin B5: 0.23mg (2.26%), Copper: 0.04mg (1.95%), Magnesium: 7.1mg (1.77%), Vitamin A: 56.81IU (1.14%)