



## Cheese Short Crust

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

CRUST

### Ingredients

- 2.3 cups flour all-purpose
- 0.5 cup parmesan grated
- 1 inch p of sugar
- 1 teaspoon coarse salt
- 0.8 cup butter unsalted cold ()
- 1 egg yolk
- 0.3 cup water

### Equipment

food processor

## Directions

- Pulse flour, cheese, sugar, salt, and butter in a food processor until mixture resembles coarse meal.
- Add egg yolk; pulse to combine. With processor running, drizzle in 1/4 cup water until dough just comes together. (If dough is still crumbly, add up to 1/4 cup more water, 1 tablespoon at a time.) Do not process for more than 20 seconds. Wrap in plastic. Refrigerate until cold, about 30 minutes.

## Nutrition Facts

**PROTEIN 8.17%** **FAT 56.85%** **CARBS 34.98%**

## Properties

Glycemic Index:12.75, Glycemic Load:19.46, Inflammation Score:-5, Nutrition Score:7.0656521786814%

## Nutrients (% of daily need)

Calories: 312.3kcal (15.62%), Fat: 19.82g (30.49%), Saturated Fat: 12.23g (76.42%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 26.49g (9.63%), Sugar: 0.17g (0.19%), Cholesterol: 74.3mg (24.77%), Sodium: 395.3mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.81%), Selenium: 14.8µg (21.14%), Vitamin B1: 0.28mg (18.9%), Folate: 68.7µg (17.17%), Vitamin B2: 0.21mg (12.56%), Vitamin A: 613.08IU (12.26%), Manganese: 0.24mg (12.19%), Vitamin B3: 2.1mg (10.51%), Iron: 1.75mg (9.73%), Phosphorus: 95.23mg (9.52%), Calcium: 87.69mg (8.77%), Vitamin E: 0.59mg (3.91%), Fiber: 0.95g (3.8%), Zinc: 0.49mg (3.27%), Vitamin D: 0.47µg (3.15%), Copper: 0.06mg (2.96%), Magnesium: 11.1mg (2.78%), Vitamin B5: 0.27mg (2.73%), Vitamin B12: 0.16µg (2.58%), Vitamin K: 1.72µg (1.64%), Vitamin B6: 0.03mg (1.48%), Potassium: 50.99mg (1.46%)