



## Chive Piecrust

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

CRUST

## Ingredients

- 0.3 teaspoon double-acting baking powder
- 1.3 cups flour all-purpose
- 2 tablespoons chives fresh minced
- 0.3 teaspoon salt
- 4 teaspoons butter unsalted melted
- 0.3 cup vegetable shortening
- 0.3 cup water boiling

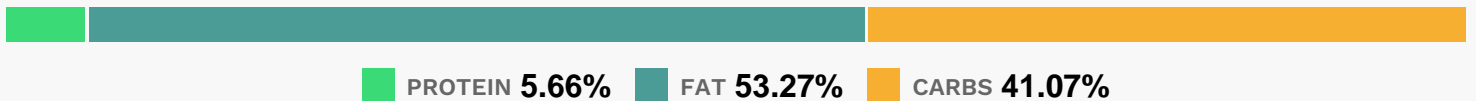
## Equipment

- bowl
- knife
- blender
- plastic wrap
- measuring cup

## Directions

- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, salt, baking powder, and chives in a bowl; cut in shortening with a pastry blender until mixture resembles coarse meal.
- Make a well in center of flour mixture.
- Combine butter and boiling water.
- Pour butter mixture into center of well. Gently draw flour mixture into butter mixture until moist clumps form. Press dough into a 4-inch circle. Cover, and chill 30 minutes.
- Slightly overlap 2 sheets of plastic wrap. Unwrap dough; place on plastic. Cover dough with 2 additional sheets of overlapping plastic wrap.
- Roll dough into a 13-inch circle.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:10.82, Inflammation Score:-2, Nutrition Score:3.2834782785048%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 145.94kcal (7.3%), Fat: 8.63g (13.28%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 14.43g (5.25%), Sugar: 0.07g (0.08%), Cholesterol: 5.38mg (1.79%), Sodium: 87.24mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin B1: 0.16mg (10.35%), Selenium: 6.65µg

(9.5%), Folate: 36.6µg (9.15%), Manganese: 0.14mg (6.82%), Vitamin B3: 1.16mg (5.8%), Vitamin B2: 0.1mg (5.78%), Iron: 0.94mg (5.21%), Vitamin K: 5.24µg (4.99%), Vitamin E: 0.46mg (3.09%), Phosphorus: 24.87mg (2.49%), Fiber: 0.55g (2.19%), Vitamin A: 95.12IU (1.9%), Copper: 0.03mg (1.55%), Vitamin B5: 0.13mg (1.34%), Magnesium: 4.77mg (1.19%), Calcium: 11.9mg (1.19%)