



Classic Lard Two-Crust Pie Pastry

 Vegetarian  Vegan  Dairy Free

READY IN

ready

75 min.

SERVINGS

servings

10

CALORIES

calories

91 kcal

CRUST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 5 tablespoons ice water or as needed
- ☐ 1 teaspoon salt
- ☐ 0.7 cup lard
- ☐ 0.7 cup lard

Equipment

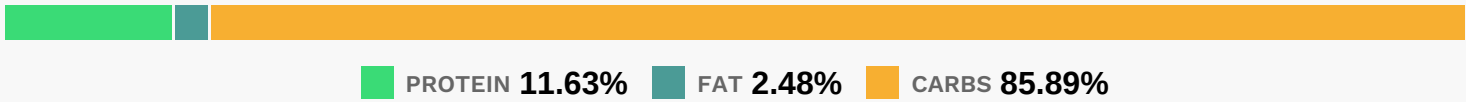
- ☐ bowl
- ☐ knife

- ☐ whisk
- ☐ blender

Directions

- ☐ Whisk flour and salt together in a large bowl.
- ☐ Cut in the lard with a knife or pastry blender until the mixture resembles coarse crumbs.
- ☐ Sprinkle in water, 1 tablespoon at a time, blending gently with a fork or pastry blender until all flour is moistened and dough almost cleans the sides of the bowl. Divide the dough in half and shape flattened rounds. Wrap in plastic and refrigerate for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:13.8, Inflammation Score:-2, Nutrition Score:3.4408695652433%

Nutrients (% of daily need)

Calories: 91kcal (4.55%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 18.4g (6.69%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 233.42mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin B1: 0.2mg (13.08%), Selenium: 8.48µg (12.11%), Folate: 45.75µg (11.44%), Manganese: 0.17mg (8.56%), Vitamin B3: 1.48mg (7.38%), Vitamin B2: 0.12mg (7.26%), Iron: 1.16mg (6.46%), Phosphorus: 27mg (2.7%), Fiber: 0.68g (2.7%), Copper: 0.04mg (1.87%), Magnesium: 5.58mg (1.4%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.1%)