



Cornmeal Crust Dough

READY IN



15 min.

SERVINGS



15

CALORIES



202 kcal

CRUST

Ingredients

- ☐ 8 Tbsp apple cider chilled
- ☐ 0.8 cup butter cold cut into 1/2-inch pieces
- ☐ 2.3 cups flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shortening chilled cut into 1/2-inch pieces
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup cornmeal plain yellow

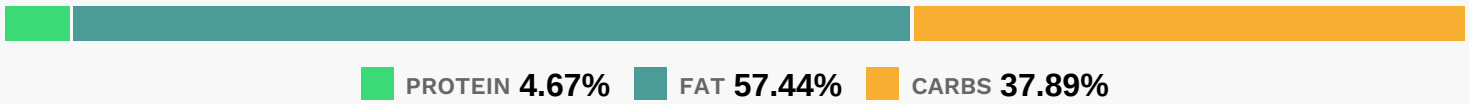
Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Cut butter and shortening into flour mixture with a pastry blender until mixture resembles small peas. Mound mixture on 1 side of bowl.
- ☐ Drizzle 1 Tbsp. apple cider along edge of mixture in bowl. Using a fork, gently toss a small amount of flour mixture into cider just until dry ingredients are moistened; move mixture to other side of bowl. Repeat procedure with remaining cider and flour mixture.
- ☐ Gently gather dough into two flat disks. Wrap in plastic wrap, and chill 1 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:20.29, Glycemic Load:13.37, Inflammation Score:-3, Nutrition Score:3.6260869230913%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 202.38kcal (10.12%), Fat: 12.98g (19.97%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 18.48g (6.72%), Sugar: 2.47g (2.74%), Cholesterol: 24.4mg (8.13%), Sodium: 190.22mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin B1: 0.16mg (10.9%), Selenium: 6.88µg (9.83%), Folate: 36.82µg (9.21%), Manganese: 0.16mg (7.79%), Vitamin B2: 0.1mg (6.12%), Vitamin B3: 1.22mg (6.12%), Vitamin A: 283.72IU (5.67%), Iron: 1mg (5.54%), Vitamin E: 0.5mg (3.3%), Fiber: 0.79g (3.16%), Phosphorus: 30.25mg (3.02%), Vitamin K: 2.68µg (2.55%), Magnesium: 7.74mg (1.94%), Copper: 0.04mg (1.78%), Zinc: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.03mg (1.3%), Potassium: 40.2mg (1.15%)