



Countdown Best Pie Crust Ever

READY IN



130 min.

SERVINGS



1

CALORIES



1670 kcal

CRUST

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 4 tablespoons ice water ()
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons solid vegetable shortening chilled cut into small pieces
- ☐ 1 tablespoon sugar
- ☐ 6 tablespoons butter unsalted chilled cut into small pieces

Equipment

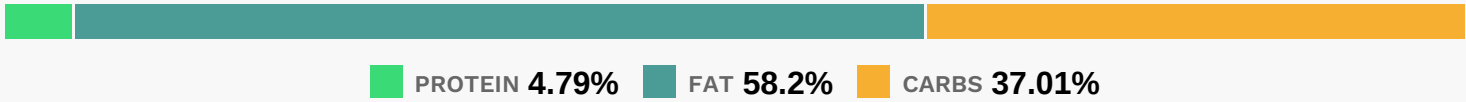
- ☐ food processor

- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Blend the flour, sugar, and salt in a food processor.
- ☐ Add the butter and shortening; pulse until the mixture resembles coarse meal.
- ☐ Drizzle 4 tablespoons ice water over the mixture. Process just until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather the dough into a ball and flatten into disk. Wrap in plastic. Chill 1 hour. Use the dough with your favorite pie recipe.
- ☐ Roll out the dough on a lightly floured work surface into a 14-inch round.
- ☐ Transfer the dough to a 9-inch diameter glass pie dish. Fold the overhang under. Crimp the edges decoratively. Pierce the bottom of the crust all over with a fork. Freeze the crust for 15 minutes. (Can be made 1 day ahead. Keep frozen.)
- ☐ For recipes that call for a pre-baked pie crust: Preheat the oven to 375 degrees F. Line the crust with aluminum foil. Fill with pie weights or dried beans.
- ☐ Bake for 20 minutes.
- ☐ Remove the weights and foil.
- ☐ Bake until golden and set, about 10 minutes. Cool. (Crust can be made 1 day ahead. Wrap tightly with plastic wrap.
- ☐ Let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:145.09, Glycemic Load:111.89, Inflammation Score:-9, Nutrition Score:31.083913015283%

Nutrients (% of daily need)

Calories: 1670.44kcal (83.52%), Fat: 108.41g (166.78%), Saturated Fat: 53.04g (331.5%), Carbohydrates: 155.08g (51.69%), Net Carbohydrates: 150.02g (54.55%), Sugar: 12.53g (13.93%), Cholesterol: 180.6mg (60.2%), Sodium: 1180.39mg (51.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.17%), Vitamin B1: 1.48mg (98.92%), Selenium: 64.48µg (92.11%), Folate: 345.64µg (86.41%), Manganese: 1.29mg (64.28%), Vitamin B2: 0.96mg (56.3%), Vitamin B3: 11.11mg (55.53%), Iron: 8.76mg (48.66%), Vitamin A: 2099.16IU (41.98%), Vitamin E: 4.42mg (29.43%), Vitamin K: 26.87µg (25.59%), Phosphorus: 222.66mg (22.27%), Fiber: 5.06g (20.25%), Copper: 0.29mg (14.74%), Vitamin B5: 1.17mg (11.75%), Magnesium: 43.56mg (10.89%), Zinc: 1.4mg (9.32%), Vitamin D: 1.26µg (8.4%), Potassium: 221.26mg (6.32%), Calcium: 51.31mg (5.13%), Vitamin B6: 0.09mg (4.27%), Vitamin B12: 0.14µg (2.38%)