



Cream Cheese Piecrust

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

CRUST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons stick margarine
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

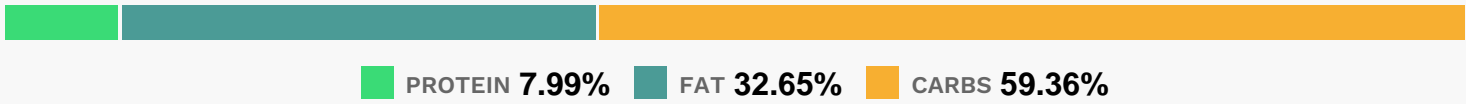
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Combine first 4 ingredients in a bowl; beat well at medium speed of a mixer until smooth.
- ☐ Add milk and egg yolk; beat until well-blended. Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Add flour, baking powder, and salt to bowl, stirring until well-blended.
- ☐ Press mixture gently into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Chill for 15 minutes.
- ☐ Roll dough, still covered, to an 11-inch circle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can be easily removed.
- ☐ Remove 1 sheet of plastic wrap, and fit dough, plastic wrap side up, into a 9-inch pie plate coated with cooking spray.
- ☐ Remove top sheet of plastic wrap. Press the dough against bottom and sides of pan. Fold edges under, and flute. Fill and bake the crust according to recipe directions.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:10.75, Inflammation Score:-2, Nutrition Score:2.8226086992123%

Nutrients (% of daily need)

Calories: 104.16kcal (5.21%), Fat: 3.72g (5.72%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 14.79g (5.38%), Sugar: 3.2g (3.56%), Cholesterol: 23.04mg (7.68%), Sodium: 122.92mg (5.34%), Alcohol: 0.17g (100%), Alcohol %: 0.8% (100%), Protein: 2.05g (4.1%), Selenium: 6.54µg (9.35%), Vitamin B1: 0.13mg (8.53%), Folate: 31.77µg (7.94%), Vitamin B2: 0.09mg (5.5%), Manganese: 0.11mg (5.46%), Vitamin B3: 0.93mg (4.64%), Iron: 0.8mg (4.44%), Vitamin A: 166.55IU (3.33%), Phosphorus: 30.71mg (3.07%), Fiber: 0.42g (1.69%), Calcium: 16.03mg (1.6%), Vitamin B5: 0.14mg (1.42%), Copper: 0.02mg (1.24%), Vitamin E: 0.18mg (1.19%), Zinc: 0.17mg (1.12%)