



Crust for Veggie Pot Pie

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



2118 kcal

CRUST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 8 tablespoons ice water
- ☐ 1 teaspoon salt
- ☐ 0.7 cup shortening

Equipment

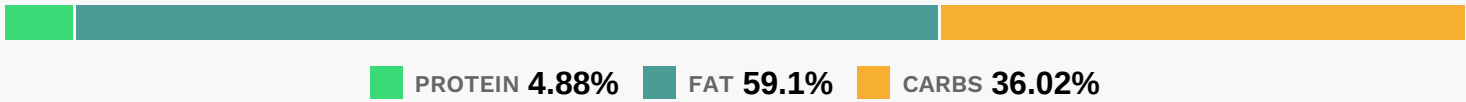
- ☐ oven
- ☐ blender
- ☐ baking pan

☐ rolling pin

Directions

- ☐ Heat oven to 425 degrees F (220 degrees C).
- ☐ Mix 2 cups flour and salt with vegetable shortening using pastry blender.
- ☐ Mix in 6 to 8 tablespoons ice water and stir until mixture forms a ball. Divide ball in half.
- ☐ Using a rolling pin, roll one of balls to fit the bottom and sides of an 11x7 inch baking dish.
- ☐ Roll out the other half of dough to form top crust.
- ☐ Use this pie crust as directed in your favorite pie recipe.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:138.02, Inflammation Score:-8, Nutrition Score:37.42000003483%

Nutrients (% of daily need)

Calories: 2118.13kcal (105.91%), Fat: 139.12g (214.03%), Saturated Fat: 34.55g (215.96%), Carbohydrates: 190.77g (63.59%), Net Carbohydrates: 184.02g (66.92%), Sugar: 0.68g (0.75%), Cholesterol: 0mg (0%), Sodium: 2341.95mg (101.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.65%), Vitamin B1: 1.99mg (132.66%), Selenium: 84.76µg (121.08%), Folate: 457.5µg (114.38%), Manganese: 1.71mg (85.55%), Vitamin B3: 14.76mg (73.8%), Vitamin B2: 1.24mg (72.65%), Vitamin K: 73.46µg (69.96%), Iron: 11.72mg (65.09%), Vitamin E: 8.53mg (56.85%), Phosphorus: 270mg (27%), Fiber: 6.75g (27%), Vitamin B5: 2.02mg (20.24%), Copper: 0.38mg (19.05%), Magnesium: 56.26mg (14.06%), Zinc: 1.77mg (11.79%), Potassium: 267.98mg (7.66%), Vitamin B6: 0.11mg (5.57%), Calcium: 43.91mg (4.39%)