



Double-Crust Pastry

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

CRUST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 5 tablespoons water cold

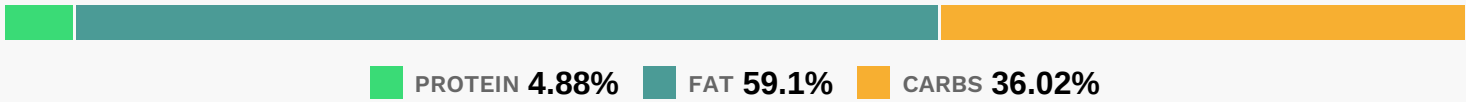
Equipment

- ☐ blender

Directions

- ☐ Combine flour and salt; cut in shortening with pastry blender until mixture resembles coarse meal.
- ☐ Sprinkle cold water evenly over surface; stir with a fork until all dry ingredients are moistened. Shape dough into a ball; chill.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:17.25, Inflammation Score:-2, Nutrition Score:5.0430434838585%

Nutrients (% of daily need)

Calories: 264.77kcal (13.24%), Fat: 17.39g (26.75%), Saturated Fat: 4.32g (27%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 23g (8.36%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 147.12mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin B1: 0.25mg (16.58%), Selenium: 10.59µg (15.13%), Folate: 57.19µg (14.3%), Manganese: 0.21mg (10.68%), Vitamin B3: 1.85mg (9.23%), Vitamin B2: 0.15mg (9.08%), Vitamin K: 9.18µg (8.74%), Iron: 1.46mg (8.13%), Vitamin E: 1.07mg (7.11%), Phosphorus: 33.75mg (3.38%), Fiber: 0.84g (3.38%), Vitamin B5: 0.25mg (2.53%), Copper: 0.05mg (2.33%), Magnesium: 6.97mg (1.74%), Zinc: 0.22mg (1.47%)