



## Easy Piecrust

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

CRUST

### Ingredients

- 2.8 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup butter unsalted cold cut into 1/4-inch cubes

### Equipment

- food processor
- bowl
- mixing bowl
- blender

plastic wrap

## Directions

- Combine flour and salt in a large mixing bowl, and cut in butter with a pastry blender (or pulse in a food processor) until dough resembles coarse meal.
- Add 3 tablespoons ice water, and stir, adding 2 to 4 more tablespoons water until dough forms a ball and leaves side of bowl.
- Form into 2 flat, round discs (or balls), cover with plastic wrap, and chill until ready to use.

## Nutrition Facts

**PROTEIN 5.19%** **FAT 58.45%** **CARBS 36.36%**

## Properties

Glycemic Index:4.69, Glycemic Load:11.86, Inflammation Score:-3, Nutrition Score:3.5586956311827%

## Nutrients (% of daily need)

Calories: 179.93kcal (9%), Fat: 11.72g (18.03%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.82g (5.75%), Sugar: 0.07g (0.07%), Cholesterol: 30.5mg (10.17%), Sodium: 74.66mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin B1: 0.17mg (11.29%), Selenium: 7.43µg (10.61%), Folate: 39.74µg (9.94%), Manganese: 0.15mg (7.36%), Vitamin A: 354.55IU (7.09%), Vitamin B2: 0.11mg (6.53%), Vitamin B3: 1.27mg (6.37%), Iron: 1mg (5.56%), Phosphorus: 26.61mg (2.66%), Fiber: 0.58g (2.32%), Vitamin E: 0.34mg (2.28%), Copper: 0.03mg (1.66%), Vitamin D: 0.21µg (1.42%), Magnesium: 5.01mg (1.25%), Vitamin B5: 0.11mg (1.1%), Zinc: 0.16mg (1.09%), Vitamin K: 1.06µg (1.01%)