

Favorite Pie Crust

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

CRUST

Ingredients

- 1 teaspoon double-acting baking powder
- 3 tablespoons brown sugar
- 1 eggs
- 5 cups flour all-purpose
- 2 teaspoons salt
- 5 tablespoons water cold
- 2 tablespoons distilled vinegar white
- 1 pound lard

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Equipment

bowl

oven

measuring cup

Directions

Measure flour, sugar, salt, and baking powder into large bowl.

Mix thoroughly and cut in lard until dough is the size of tiny peas.

Break egg into 8 ounce measuring cup. Beat with a fork, then pour in vinegar.

Add enough cold water to reach the top (you will have a total of 1 cup liquid).

Pour over flour mixture a little at a time, tossing and stirring with a fork until all liquid is absorbed.

Shape dough into a ball, then divide into four equal portions. Wrap tightly. Can be stored in refrigerator up to 2 weeks, or freezer up to 6 months. Each portion will make 1 double crust pie.

Nutrition Facts

 PROTEIN 11.56% FAT 3.82% CARBS 84.62%

Properties

Glycemic Index:27.13, Glycemic Load:43.26, Inflammation Score:-5, Nutrition Score:11.503478321692%

Nutrients (% of daily need)

Calories: 310.33kcal (15.52%), Fat: 1.29g (1.98%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 64.21g (21.4%), Net Carbohydrates: 62.1g (22.58%), Sugar: 4.6g (5.11%), Cholesterol: 20.46mg (6.82%), Sodium: 645.55mg (28.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin B1: 0.62mg (41.03%), Selenium: 28.25µg (40.36%), Folate: 145.6µg (36.4%), Manganese: 0.54mg (27.05%), Vitamin B2: 0.41mg (24.18%), Vitamin B3: 4.62mg (23.11%), Iron: 3.81mg (21.19%), Phosphorus: 106.56mg (10.66%), Fiber: 2.1g (8.44%), Copper: 0.12mg (6.04%), Calcium: 48.79mg (4.88%), Magnesium: 18.54mg (4.63%), Vitamin B5: 0.43mg (4.32%), Zinc: 0.62mg (4.15%), Potassium: 97.47mg (2.78%), Vitamin B6: 0.05mg (2.28%)