

CRUST

Flaky Pie Crust

20 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	20	\$0.11	155 kcal

Flaky Pie Crust requires around 45 minutes from start to finish. This crust has 155 calories, 2g of protein, and 10g of fat per serving. This recipe serves 20 and costs 11 cents per serving. Not a lot of people made this recipe, and 1 would say it hit the spot.

Ingredients

- ☐ 3 cups all-purpose flour
- ☐ ¾ teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ ½ cup ice water
- ☐ ½ cup cold solid vegetable shortening, cut into 4 pieces
- ☐ 4 ounces stick cold unsalted butter, cut into 1/2-inch pieces

EQUIPMENT Food processor, Baking sheet, Wax paper, Rolling pin

Method

- 1

In a food processor, combine the flour, sugar and salt and pulse several times.
- 2

Add the vegetable shortening and pulse 5 or 6 times, until the shortening is the size of peas.
- 3

Add the butter and pulse 5 or 6 times, until the butter is the size of peas.
- 4

Pour the ice water evenly over the top. Replace the lid and pulse 5 or 6 times, just until moistened.
- 5

Transfer the pastry to a lightly floured work surface and knead several times, just until it comes together. Divide the pastry in half and pat it into two 6-inch disks; wrap the disks in plastic and refrigerate until firm, at least 30 minutes, or overnight, or freeze.

- 6 Work with 1 disk of pastry at a time. On a lightly floured surface, gently tap the pastry with a rolling pin to flatten it slightly. Dust lightly with flour and roll out the pastry to a 13 1/2-inch round 1/8 inch thick. To line a pie plate, roll the pastry around the rolling pin, then unroll it over a 9- or 10-inch glass pie plate.
- 7 If making a double-crust pie, refrigerate the bottom crust while you prepare the top.
- 8 Roll out the second piece of pastry to a 13 1/2-inch round 1/8 inch thick.
- 9 Transfer to a wax paper-lined baking sheet. Using a 1/2-inch cutter, stamp out a vent hole in the center.

Nutrition per serving

155	2 g	10 g	15 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.2 g · 26% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			0.3 g · 0% of daily needs
Sodium			88.7 mg · 4% of daily needs
Cholesterol			12.2 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/flaky-pie-crust-144068