

Flaky Pie Dough

READY IN



60 min.

SERVINGS



9

CALORIES



169 kcal

CRUST

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 3 tablespoons water
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 0.3 teaspoon salt fine
- ☐ 0.3 cup shortening frozen cut into small pieces
- ☐ 5 tablespoons butter unsalted chilled cut into small pieces

Equipment

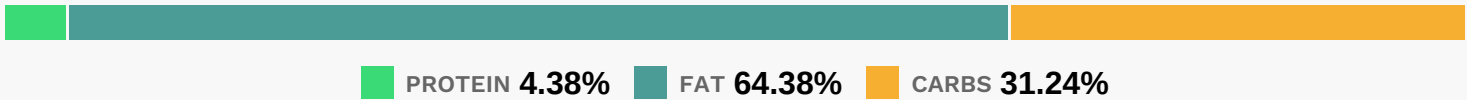
- ☐ bowl

- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Whisk together the flour and salt in a medium bowl.
- ☐ Add the shortening and butter and toss with your fingers until well coated in the flour mixture. Using a pastry blender or your fingers, cut the shortening and butter into the dry ingredients until reduced to pea-size pieces, about 4 to 5 minutes.
- ☐ Drizzle in 3 tablespoons of the ice water and the lemon juice and mix just until the dough comes together. (
- ☐ Add the last tablespoon of ice water if the dough is too dry, but don't overwork the dough or it'll become tough.)Form the dough into a flat disk. Wrap it tightly in plastic wrap and refrigerate for at least 1 hour before rolling it out.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:9.58, Inflammation Score:-2, Nutrition Score:2.9860869529455%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 169.42kcal (8.47%), Fat: 12.17g (18.73%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 12.82g (4.66%), Sugar: 0.07g (0.07%), Cholesterol: 16.72mg (5.57%), Sodium: 66.28mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin B1: 0.14mg (9.2%), Selenium: 5.96µg (8.52%), Folate: 32.12µg (8.03%), Manganese: 0.12mg (5.95%), Vitamin B2: 0.09mg (5.21%), Vitamin B3: 1.03mg (5.14%), Iron: 0.81mg (4.51%), Vitamin A: 194.4IU (3.89%), Vitamin E: 0.54mg (3.61%), Vitamin K: 3.63µg (3.45%), Phosphorus: 20.66mg (2.07%), Fiber: 0.47g (1.88%), Copper: 0.03mg (1.36%), Vitamin B5: 0.12mg (1.24%), Magnesium: 4.06mg (1.01%)