



Flaky Pie Dough

READY IN



10 min.

SERVINGS



10

CALORIES



142 kcal

CRUST

Ingredients

- 1.3 cups flour all-purpose
- 0.3 teaspoon salt
- 4 tablespoons butter unsalted cold cut into small pieces
- 4 tablespoons vegetable shortening chilled

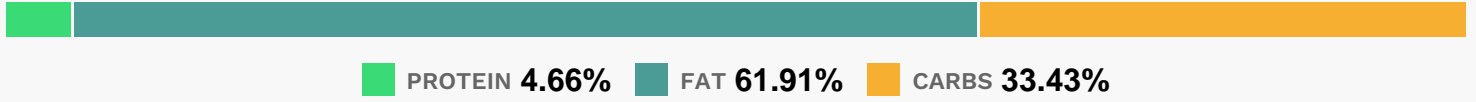
Equipment

- food processor

Directions

- Combine all ingredients in a food processor and pulse several times until mixture resembles coarse meal. With motor running, add 2 Tbsp. ice-cold water and process just until dough forms a ball.
- Add more water, 1 tsp. at a time, if dough is too dry. Press into a disk, wrap in plastic and refrigerate for at least 2 hours and up to 2 days before using.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:2.6086956599484%

Nutrients (% of daily need)

Calories: 142.29kcal (7.11%), Fat: 9.82g (15.1%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.5g (4.18%), Sugar: 0.05g (0.05%), Cholesterol: 12.04mg (4.01%), Sodium: 59.27mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin B1: 0.12mg (8.26%), Selenium: 5.35µg (7.65%), Folate: 28.76µg (7.19%), Manganese: 0.11mg (5.35%), Vitamin B2: 0.08mg (4.65%), Vitamin B3: 0.92mg (4.62%), Iron: 0.73mg (4.06%), Vitamin E: 0.45mg (3.02%), Vitamin K: 3.16µg (3.01%), Vitamin A: 139.94IU (2.8%), Phosphorus: 18.22mg (1.82%), Fiber: 0.42g (1.69%), Copper: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.09%)