



French Pastry Pie Crust

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



169 kcal

CRUST

Ingredients

- 1 eggs
- 3 cups flour all-purpose
- 1.5 teaspoons salt
- 1 cup shortening
- 5 tablespoons water
- 1 teaspoon distilled vinegar white
- 3 tablespoons sugar white

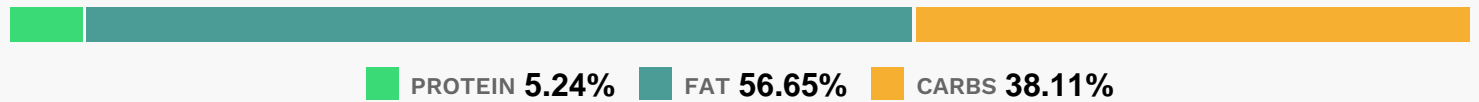
Equipment

- bowl
- whisk
- mixing bowl

Directions

- In a large mixing bowl, combine flour, salt, and sugar.
- Mix well, then cut in shortening until mixture resembles coarse meal.
- In a small bowl, combine egg, vinegar, and 4 tablespoons of water.
- Whisk together, then add gradually to flour mixture, stirring with a fork.
- Mix until dough forms a ball.
- Add one more tablespoon of water if necessary.
- Allow dough to rest in refrigerator 10 minutes before rolling out.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:11.61, Inflammation Score:-1, Nutrition Score:3.2304348213517%

Nutrients (% of daily need)

Calories: 168.98kcal (8.45%), Fat: 10.65g (16.38%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 15.61g (5.68%), Sugar: 1.86g (2.06%), Cholesterol: 8.18mg (2.73%), Sodium: 178.53mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Selenium: 7.04µg (10.06%), Vitamin B1: 0.15mg (10.01%), Folate: 35.35µg (8.84%), Manganese: 0.13mg (6.46%), Vitamin B2: 0.1mg (6.06%), Vitamin B3: 1.11mg (5.54%), Vitamin K: 5.52µg (5.25%), Iron: 0.92mg (5.1%), Vitamin E: 0.66mg (4.42%), Phosphorus: 24.62mg (2.46%), Fiber: 0.51g (2.03%), Vitamin B5: 0.19mg (1.86%), Copper: 0.03mg (1.47%), Magnesium: 4.43mg (1.11%), Zinc: 0.16mg (1.07%)