



Gluten-Free/Allergen-Free Pie Crust



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

CRUST

Ingredients

- ☐ 0.5 cup soy-free solid shortening
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 cup rice flour white
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sorghum flour
- ☐ 0.3 cup rice flour sweet
- ☐ 2 tablespoons water

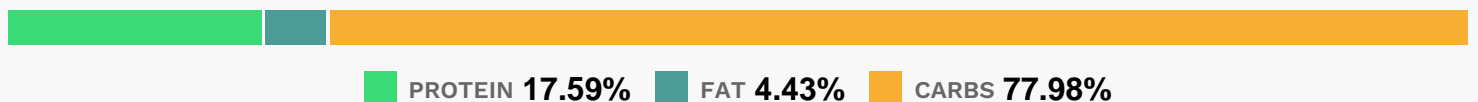
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ pastry cutter

Directions

- ☐ In a food processor or large bowl, combine white rice flour, sorghum flour, sweet rice flour, granulated sugar, and salt. If using a food processor, pulse to combine.
- ☐ Whisk to combine if preparing the pie crust by hand.
- ☐ Add shortening. Pulse to combine or use a pastry cutter to incorporate the shortening into the flour mixture. No large pieces of shortening should remain.
- ☐ Add water. Pulse until a dough comes together or, using a wooden spoon, stir the water into the dough.
- ☐ Generously flour a piece of parchment paper with white rice flour. Center the dough on the paper. Lightly flour the top of the dough.
- ☐ Roll out dough into a large circle, about 11-inches. Invert the pie plate over the dough. Slide your hand between the counter and the parchment paper. In one quick motion, flip the dough and pan over. Carefully pull the paper off the dough. If any of the dough rips apart, press it back together. Trim edges, using a fork, crimp edges.
- ☐ Cover pan with plastic wrap. Chill four hours or overnight. Use crust as directed in your favorite pie recipe or bake in a 425 degree F oven. Prick bottom of crust lightly with a fork before baking.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:8.98, Inflammation Score:-2, Nutrition Score:4.8352173782237%

Nutrients (% of daily need)

Calories: 109.21kcal (5.46%), Fat: 0.54g (0.84%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 19.55g (7.11%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 147.16mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Manganese: 0.47mg (23.66%), Copper: 0.3mg (15.17%), Magnesium: 33.32mg (8.33%), Phosphorus: 80.53mg (8.05%), Fiber: 2g (8.01%), Vitamin B6: 0.13mg (6.45%), Vitamin B1: 0.09mg (5.82%), Folate: 22.49µg (5.62%), Potassium: 190.97mg (5.46%), Iron: 0.89mg (4.92%), Vitamin B3: 0.95mg (4.74%), Selenium: 3.3µg (4.72%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.39mg (2.6%), Calcium: 18.43mg (1.84%), Vitamin B2: 0.02mg (1.41%)