



Grandma Covington's Cheese Apple Pie Crust

READY IN



20 min.

SERVINGS



8

CALORIES



166 kcal

CRUST

Ingredients

- ☐ 0.3 cup cornmeal
- ☐ 0.8 cup flour all-purpose sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 2.5 tablespoons water cold

Equipment

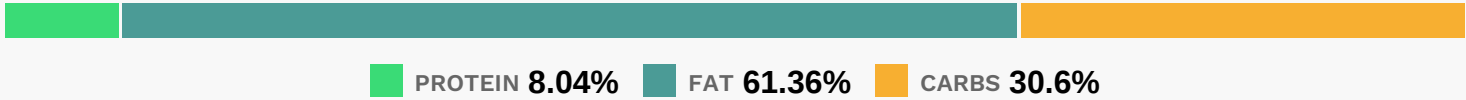
- ☐ bowl

☐ pie form

Directions

- ☐ In a medium bowl sift flour, cornmeal and salt together, stir in cheese.
- ☐ Cut in shortening until mixture forms coarse crumbs.
- ☐ Add the water one tablespoon at a time; mix until dough just holds together. Form into a ball.
- ☐ Roll out dough to 1/8 of an inch on a lightly floured board; place in a 9 inch pie dish. Use as directed in pie recipe.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:8.68, Inflammation Score:-2, Nutrition Score:3.4408696073553%

Nutrients (% of daily need)

Calories: 166.06kcal (8.3%), Fat: 11.35g (17.46%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.95g (4.35%), Sugar: 0.13g (0.15%), Cholesterol: 7.06mg (2.35%), Sodium: 192.54mg (8.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Selenium: 6.27µg (8.96%), Vitamin B1: 0.11mg (7.38%), Folate: 24.62µg (6.15%), Manganese: 0.11mg (5.64%), Phosphorus: 56.18mg (5.62%), Vitamin B2: 0.09mg (5.51%), Calcium: 52.3mg (5.23%), Vitamin K: 4.76µg (4.53%), Vitamin B3: 0.82mg (4.09%), Vitamin E: 0.6mg (4.01%), Iron: 0.71mg (3.95%), Zinc: 0.5mg (3.31%), Fiber: 0.78g (3.13%), Magnesium: 9.85mg (2.46%), Vitamin B6: 0.04mg (1.97%), Vitamin B5: 0.17mg (1.68%), Copper: 0.03mg (1.6%), Vitamin A: 70.77IU (1.42%), Vitamin B12: 0.07µg (1.25%)