



Grandma's Very Easy Pie Crust

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



116 kcal

CRUST

Ingredients

- 2 cups flour all-purpose
- 3 fluid ounces milk cold
- 1 teaspoon salt
- 0.5 cup vegetable oil

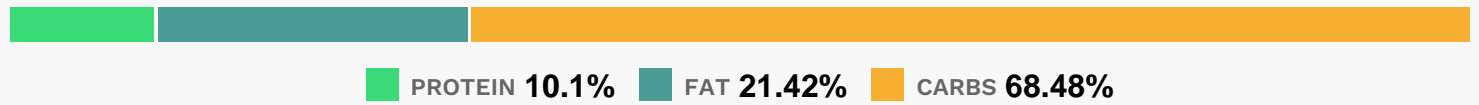
Equipment

- bowl
- whisk

Directions

- Sift flour and salt into a bowl.
- Pour vegetable oil into a 1-cup measure and fill the measure with milk up to the 7-ounce mark.
- Whisk oil and milk together and pour immediately into the bowl with flour.
- Mix the crust together with a fork just until it holds together. Do not knead.
- Divide crust in half, form into balls, and roll each half out between sheets of waxed paper. Peel waxed paper from crusts to fit into pie plate.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:13.96, Inflammation Score:-2, Nutrition Score:3.9413043169872%

Nutrients (% of daily need)

Calories: 115.59kcal (5.78%), Fat: 2.71g (4.17%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 18.82g (6.84%), Sugar: 0.49g (0.55%), Cholesterol: 1.06mg (0.35%), Sodium: 236.42mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin B1: 0.2mg (13.41%), Selenium: 8.64µg (12.35%), Folate: 45.75µg (11.44%), Manganese: 0.17mg (8.57%), Vitamin B2: 0.14mg (7.98%), Vitamin B3: 1.49mg (7.43%), Iron: 1.16mg (6.46%), Vitamin K: 4.11µg (3.91%), Phosphorus: 35.96mg (3.6%), Fiber: 0.68g (2.7%), Copper: 0.04mg (1.81%), Magnesium: 6.57mg (1.64%), Calcium: 14.81mg (1.48%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.21mg (1.41%), Vitamin E: 0.2mg (1.32%), Potassium: 40.1mg (1.15%)