

# Harden Your Arteries Pie Crust

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



84 kcal

CRUST

## Ingredients

- 1 eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon vinegar
- 0.3 cup frangelico
- 0.3 cup frangelico

## Equipment

- bowl

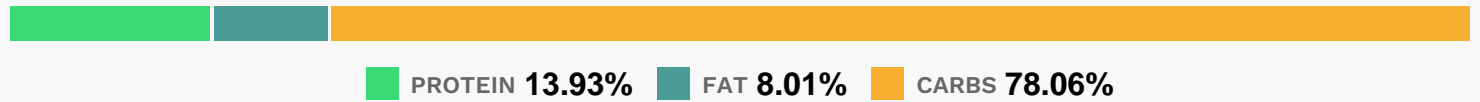
blender

plastic wrap

## Directions

In a medium bowl, stir together the flour and salt. Use a pastry blender to cut in the lard, until it resembles small peas. Using a fork, lightly stir in the egg and vinegar. If the dough does not stick together enough to pull away from the sides of the bowl, stir in a little cold water, about 1 teaspoon at a time. Form dough into a ball, wrap in plastic wrap, and refrigerate for at least 30 minutes before using.

## Nutrition Facts



## Properties

Glycemic Index:15.63, Glycemic Load:11.5, Inflammation Score:-1, Nutrition Score:3.3682609064424%

## Nutrients (% of daily need)

Calories: 83.81kcal (4.19%), Fat: 0.73g (1.12%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 15.94g (5.31%), Net Carbohydrates: 15.38g (5.59%), Sugar: 0.08g (0.09%), Cholesterol: 20.46mg (6.82%), Sodium: 80.91mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Selenium: 8.75µg (12.51%), Vitamin B1: 0.17mg (11.05%), Folate: 40.71µg (10.18%), Vitamin B2: 0.13mg (7.53%), Manganese: 0.14mg (7.21%), Vitamin B3: 1.23mg (6.17%), Iron: 1.06mg (5.91%), Phosphorus: 33.42mg (3.34%), Fiber: 0.56g (2.25%), Vitamin B5: 0.18mg (1.76%), Copper: 0.03mg (1.7%), Zinc: 0.22mg (1.45%), Magnesium: 5.25mg (1.31%)