



Homemade Pie Crust

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

CRUST

Ingredients

- 2 tablespoons butter chilled cut into small pieces
- 4.5 ounces flour all-purpose
- 3 tablespoons ice water
- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon salt
- 1.5 tablespoons vegetable shortening

Equipment

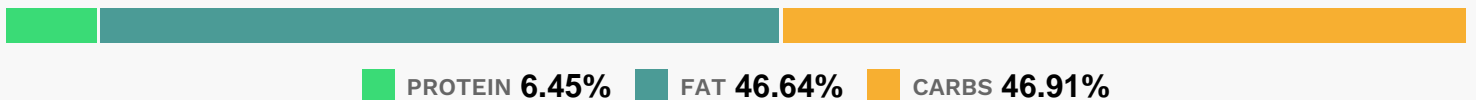
- bowl

- oven
- knife
- blender
- plastic wrap
- measuring cup

Directions

- Lightly spoon flour into dry measuring cup; level with knife.
- Combine flour and salt in a medium bowl.
- Cut in butter and shortening with a pastry blender or two knives until mixture resembles coarse meal.
- Combine 3 tablespoons water and juice.
- Sprinkle surface of flour mixture with water mixture, 1 tablespoon at a time; toss with a fork until moist. Gently press mixture into a 4-inch circle on plastic wrap; cover. Chill 30 minutes.
- Preheat oven to 32
- Unwrap and place chilled dough on a lightly floured surface.
- Roll dough to an 11-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray. Fold edges under; flute.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:8.8, Inflammation Score:-2, Nutrition Score:2.4495651867727%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 104.49kcal (5.22%), Fat: 5.4g (8.3%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 11.78g (4.28%), Sugar: 0.06g (0.07%), Cholesterol: 7.53mg (2.51%), Sodium: 95.88mg (4.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin B1: 0.13mg (8.4%), Selenium: 5.44µg (7.77%), Folate: 29.41µg (7.35%), Manganese: 0.11mg (5.45%), Vitamin B3: 0.94mg (4.72%), Vitamin B2: 0.08mg (4.71%), Iron: 0.74mg (4.13%), Phosphorus: 18.11mg (1.81%), Vitamin A: 87.5IU (1.75%), Fiber: 0.43g (1.73%), Vitamin E: 0.24mg (1.59%), Vitamin K: 1.57µg (1.49%), Copper: 0.02mg (1.2%)