



Hot Water Pie Crust II

READY IN



45 min.

SERVINGS



2

CALORIES



2294 kcal

CRUST

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 4 cups flour all-purpose
- ☐ 2 tablespoons milk
- ☐ 2 teaspoons salt
- ☐ 1.5 cups shortening
- ☐ 0.5 cup water hot
- ☐ 1 teaspoon distilled vinegar white

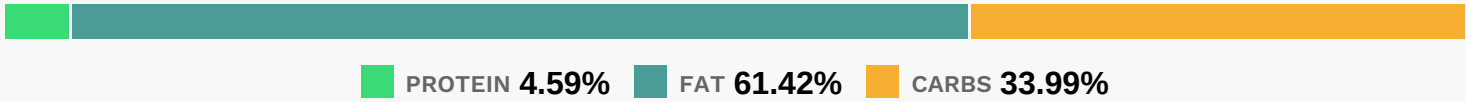
Equipment

- ☐ bowl
- ☐ wax paper

Directions

- ☐ In a large bowl, combine shortening, vinegar, and milk.
- ☐ Pour in hot water and whip until mixture is smooth.
- ☐ In a separate bowl, mix together flour, salt, and cornstarch.
- ☐ Add flour mixture to shortening mixture and stir just until dough comes together.
- ☐ Roll out dough between sheets of wax paper. If dough is difficult to work with, refrigerate before rolling.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:138.29, Inflammation Score:-8, Nutrition Score:38.590434945148%

Nutrients (% of daily need)

Calories: 2293.84kcal (114.69%), Fat: 156.68g (241.05%), Saturated Fat: 39.1g (244.4%), Carbohydrates: 195.13g (65.04%), Net Carbohydrates: 188.34g (68.49%), Sugar: 1.4g (1.55%), Cholesterol: 1.8mg (0.6%), Sodium: 2345.7mg (101.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.65%), Vitamin B1: 2mg (133.44%), Selenium: 85.17µg (121.67%), Folate: 457.5µg (114.38%), Manganese: 1.72mg (85.75%), Vitamin K: 82.59µg (78.66%), Vitamin B3: 14.78mg (73.88%), Vitamin B2: 1.26mg (73.86%), Iron: 11.75mg (65.26%), Vitamin E: 9.58mg (63.88%), Phosphorus: 285.77mg (28.58%), Fiber: 6.79g (27.14%), Vitamin B5: 2.2mg (21.96%), Copper: 0.37mg (18.68%), Magnesium: 57.6mg (14.4%), Zinc: 1.83mg (12.17%), Potassium: 290.65mg (8.3%), Calcium: 60.93mg (6.09%), Vitamin B6: 0.12mg (6.03%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.1%)