



## How To Make Pie Dough

 Vegetarian

READY IN



40 min.

SERVINGS



20

CALORIES



138 kcal

CRUST

### Ingredients

- 1 tablespoon cider vinegar
- 2.5 cups flour all-purpose
- 7 tablespoons ice water
- 0.5 teaspoon salt
- 1 cup butter unsalted chilled cut into tablespoon-size pieces

### Equipment

- food processor
- bowl

plastic wrap

## Directions

- Combine flour, salt, and butter in a food processor. Pulse until mixture resembles coarse crumbs, about 10 1-second pulses.
- Stir water and vinegar in a small bowl.
- Pour half the ice water and vinegar mixture into the flour and butter mixture. Pulse to combine, about 3 (1-second) pulses.
- Pour in remaining ice water and vinegar mixture. Pulse until mixture just starts to come together, about 8 (1-second) pulses.
- Turn dough out onto a wooden surface, pat into round shape and divide in half. Form each half into a disc about 5 inches wide.
- Wrap each disc in plastic wrap and refrigerate for at least 30 minutes until ready to use.

## Nutrition Facts

    
 **PROTEIN 4.93%**  **FAT 60.68%**  **CARBS 34.39%**

## Properties

Glycemic Index:5.75, Glycemic Load:8.63, Inflammation Score:-3, Nutrition Score:2.6413043530091%

## Nutrients (% of daily need)

Calories: 138.41kcal (6.92%), Fat: 9.36g (14.4%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 11.52g (4.19%), Sugar: 0.05g (0.06%), Cholesterol: 24.4mg (8.13%), Sodium: 60mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin B1: 0.12mg (8.21%), Selenium: 5.41µg (7.73%), Folate: 28.93µg (7.23%), Vitamin A: 283.64IU (5.67%), Manganese: 0.11mg (5.45%), Vitamin B2: 0.08mg (4.77%), Vitamin B3: 0.93mg (4.64%), Iron: 0.73mg (4.05%), Phosphorus: 19.66mg (1.97%), Vitamin E: 0.27mg (1.82%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.26%), Vitamin D: 0.17µg (1.13%)