



## Miracle Baking Powder Pie Crust

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1614 kcal

CRUST

### Ingredients

- 2 teaspoons double-acting baking powder
- 3 cups flour all-purpose
- 6 tablespoons ice water
- 1.3 teaspoons salt
- 1 cup shortening
- 1 tablespoon sugar white

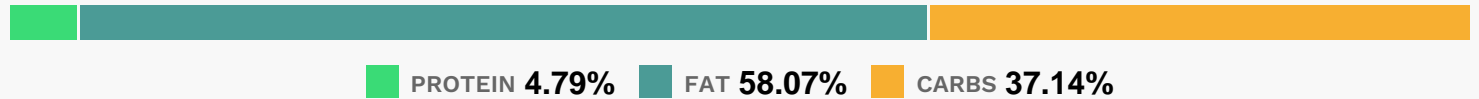
### Equipment

- bowl

## Directions

- In a large bowl, combine flour, salt, baking powder and sugar.
- Place 1/2 cup of flour mixture in a small bowl, and stir in water until smooth.
- Cut shortening into remaining flour mixture until it looks like coarse meal. Blend in the flour-water mixture.
- Wrap dough and chill in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:118.55, Glycemic Load:108.71, Inflammation Score:-8, Nutrition Score:31.787826206373%

## Nutrients (% of daily need)

Calories: 1613.82kcal (80.69%), Fat: 104.36g (160.55%), Saturated Fat: 25.92g (161.97%), Carbohydrates: 150.17g (50.06%), Net Carbohydrates: 145.09g (52.76%), Sugar: 6.49g (7.22%), Cholesterol: 0mg (0%), Sodium: 1887.59mg (82.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.74%), Vitamin B1: 1.49mg (99.49%), Selenium: 63.61µg (90.87%), Folate: 343.13µg (85.78%), Manganese: 1.28mg (64.16%), Vitamin B3: 11.07mg (55.35%), Vitamin B2: 0.93mg (54.55%), Vitamin K: 55.09µg (52.47%), Iron: 9.23mg (51.27%), Vitamin E: 6.4mg (42.64%), Phosphorus: 290.14mg (29.01%), Calcium: 266.5mg (26.65%), Fiber: 5.07g (20.28%), Vitamin B5: 1.52mg (15.18%), Copper: 0.28mg (13.96%), Magnesium: 42.82mg (10.7%), Zinc: 1.32mg (8.81%), Potassium: 201.85mg (5.77%), Vitamin B6: 0.08mg (4.18%)