



WHATSheATE



## Mom's Double Pie Crust



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



265 kcal

CRUST

### Ingredients



1.7 cups flour all-purpose



1 teaspoon salt



0.8 cup shortening

### Equipment

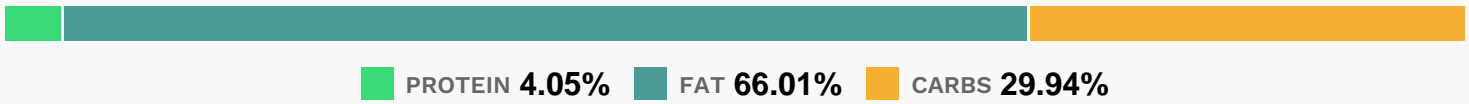


bowl

### Directions

- ☐
- Combine flour and salt in a large bowl.
- ☐
- Cut shortening into flour mixture until mixture resembles coarse crumbs.
- ☐
- Add orange juice a tablespoon at a time, tossing with a fork, until the flour mixture is moistened. When you squeeze a handful of the moistened pastry mixture, it should form a ball. Divide the dough in half and shape into balls. Wrap in plastic and refrigerate before rolling.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:14.38, Inflammation Score:-2, Nutrition Score:4.4160869769428%

## Nutrients (% of daily need)

Calories: 264.69kcal (13.23%), Fat: 19.47g (29.96%), Saturated Fat: 4.85g (30.28%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 19.17g (6.97%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 291.97mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin B1: 0.21mg (13.88%), Selenium: 8.83µg (12.61%), Folate: 47.66µg (11.91%), Vitamin K: 10.3µg (9.81%), Manganese: 0.18mg (8.92%), Vitamin E: 1.19mg (7.96%), Vitamin B3: 1.54mg (7.69%), Vitamin B2: 0.13mg (7.57%), Iron: 1.22mg (6.8%), Phosphorus: 28.13mg (2.81%), Fiber: 0.7g (2.81%), Vitamin B5: 0.24mg (2.45%), Copper: 0.04mg (1.89%), Magnesium: 5.74mg (1.43%), Zinc: 0.18mg (1.22%)