

Mom's Pie Crust

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



157 kcal

CRUST

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup ice water
- ☐ 1 cup butter unsalted chilled
- ☐ 3 tablespoons sugar white

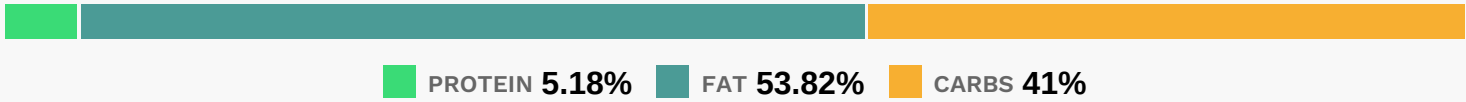
Equipment

- ☐ bowl
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Combine flour and sugar into the bowl of an electric mixer.
- ☐ Cut butter or margarine or butter and shortening into tablespoon pieces; add it to the flour and butter. Use the paddle beater to cut the butter and flour together. Alternatively, this can be done by hand with a pastry blender.
- ☐ With the mixer on low speed , or while stirring the mixture with a fork, pour in the cold water. When the dough starts to clump, and before it turns into a ball, stop stirring.
- ☐ Lightly knead dough in the bowl until it forms a ball. Divide dough into two parts. Flatten each part into a disk, and chill for about 30 minutes before rolling.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:11.61, Inflammation Score:-3, Nutrition Score:3.0660869660585%

Nutrients (% of daily need)

Calories: 156.56kcal (7.83%), Fat: 9.4g (14.45%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 15.6g (5.67%), Sugar: 1.85g (2.06%), Cholesterol: 24.4mg (8.13%), Sodium: 1.84mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin B1: 0.15mg (9.85%), Selenium: 6.48µg (9.26%), Folate: 34.65µg (8.66%), Manganese: 0.13mg (6.42%), Vitamin B2: 0.1mg (5.7%), Vitamin A: 283.64IU (5.67%), Vitamin B3: 1.11mg (5.56%), Iron: 0.87mg (4.85%), Phosphorus: 22.97mg (2.3%), Fiber: 0.51g (2.03%), Vitamin E: 0.27mg (1.83%), Copper: 0.03mg (1.48%), Vitamin D: 0.17µg (1.13%), Magnesium: 4.39mg (1.1%)