



Nana Hirl's Pie Crust

READY IN



45 min.

SERVINGS



10

CALORIES



626 kcal

CRUST

Ingredients

- 2 cups cake flour
- 4 cups flour all-purpose
- 1 cup ice water (use only 12-14 tablespoons water)
- 2 teaspoons salt
- 2 tablespoons sugar
- 1 cup butter unsalted cold cut into 1/4-inch pieces (2 sticks)
- 1 cup vegetable shortening cold
- 2 teaspoons vinegar white

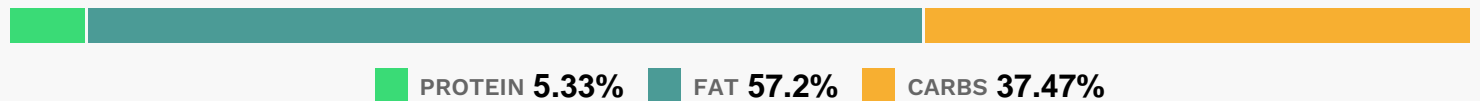
Equipment

- food processor
- bowl
- frying pan
- plastic wrap
- rolling pin

Directions

- Process both flours, sugar, and salt in a food processor until combined.
- Add lard and pulse until mixture resembles coarse cornmeal, 5 to 6 times.
- Add butter and pulse 5 to 6 times, until it's pea-size.
- Place in a bowl, cover with plastic wrap, and chill 1 to 2 hours.
- Remove mixture from refrigerator. Gently toss mixture with a fork.
- Add the vinegar, then the water, a tablespoon at a time; mix just until dry ingredients are moistened and the dough comes together and forms a ball. Gently gather dough into 2 disks and wrap in plastic wrap. Chill 1 to 2 hours.
- On a floured surface, using a floured rolling pin, roll 1 dough disk to 1/8-inch thickness (about 11 inches wide). Gently press dough into a 10-inch cast iron skillet, allowing excess pastry to hang over edges. (Do not stretch dough or it will shrink during baking.)

Nutrition Facts



Properties

Glycemic Index:26.21, Glycemic Load:41.03, Inflammation Score:-6, Nutrition Score:10.68478265016%

Nutrients (% of daily need)

Calories: 625.65kcal (31.28%), Fat: 39.82g (61.27%), Saturated Fat: 16.92g (105.78%), Carbohydrates: 58.69g (19.56%), Net Carbohydrates: 56.74g (20.63%), Sugar: 2.62g (2.91%), Cholesterol: 48.81mg (16.27%), Sodium: 471.14mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.71%), Selenium: 27.12µg (38.75%), Vitamin B1: 0.42mg (27.85%), Manganese: 0.54mg (27.09%), Folate: 100.43µg (25.11%), Vitamin B3: 3.21mg

(16.06%), Vitamin B2: 0.27mg (15.89%), Iron: 2.57mg (14.27%), Vitamin E: 1.91mg (12.76%), Vitamin K: 12.72µg (12.11%), Vitamin A: 567.77IU (11.36%), Phosphorus: 83.74mg (8.37%), Fiber: 1.95g (7.8%), Copper: 0.13mg (6.28%), Vitamin B5: 0.49mg (4.93%), Magnesium: 17.96mg (4.49%), Zinc: 0.59mg (3.91%), Potassium: 84.11mg (2.4%), Vitamin D: 0.34µg (2.27%), Calcium: 17.98mg (1.8%), Vitamin B6: 0.03mg (1.61%)