

Never Fail Pie Crust II



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



2778 kcal

CRUST

Ingredients

- ☐ 2 cups butter shortening flavored
- ☐ 1 eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup ice water
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon distilled vinegar white
- ☐ 1 tablespoon sugar white

Equipment

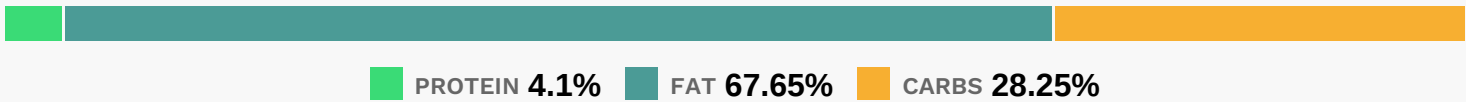
☐

bowl

Directions

- ☐ In a large bowl, mix flour, shortening, sugar and salt.
- ☐ Add ice water, vinegar and egg. Beat to combine.

Nutrition Facts



Properties

Glycemic Index:97.55, Glycemic Load:142.21, Inflammation Score:-8, Nutrition Score:41.588260775027%

Nutrients (% of daily need)

Calories: 2778.2kcal (138.91%), Fat: 209.56g (322.4%), Saturated Fat: 52.33g (327.04%), Carbohydrates: 196.91g (65.64%), Net Carbohydrates: 190.16g (69.15%), Sugar: 6.75g (7.5%), Cholesterol: 81.84mg (27.28%), Sodium: 1210.36mg (52.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.19%), Vitamin B1: 2.01mg (134.15%), Selenium: 91.58µg (130.83%), Folate: 467.84µg (116.96%), Vitamin K: 109.88µg (104.64%), Vitamin E: 12.95mg (86.32%), Manganese: 1.72mg (85.94%), Vitamin B2: 1.34mg (78.63%), Vitamin B3: 14.78mg (73.88%), Iron: 12.14mg (67.47%), Phosphorus: 313.88mg (31.39%), Vitamin B5: 2.83mg (28.26%), Fiber: 6.75g (27%), Copper: 0.39mg (19.36%), Magnesium: 58.34mg (14.59%), Zinc: 2.04mg (13.63%), Potassium: 298.38mg (8.53%), Vitamin B6: 0.15mg (7.47%), Calcium: 54.9mg (5.49%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin A: 118.8IU (2.38%)