



Never Fail Pie Crust III

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



1290 kcal

CRUST

Ingredients

- ☐ 6 tablespoons flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 1.3 cups shortening
- ☐ 0.5 cup water cold

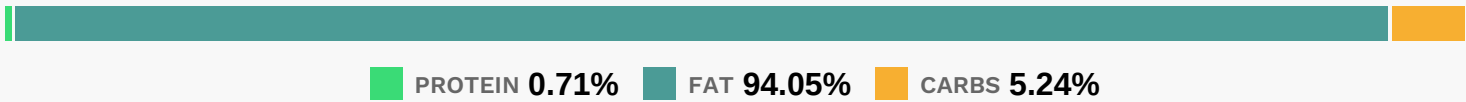
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl,
- ☐ Cut the shortening into the 2 1/2 cups flour until the mixture resembles coarse crumbs.
- ☐ In a small bowl, combine the 6 tablespoons flour, 2 teaspoons salt and 1/2 cup water to make a paste.
- ☐ Mix paste into the flour and shortening mixture.
- ☐ Divide dough into 4 equal pieces and shape into rounds. Wrap securely in plastic and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:12.42, Inflammation Score:-2, Nutrition Score:9.1108693895133%

Nutrients (% of daily need)

Calories: 1290.03kcal (64.5%), Fat: 136.89g (210.6%), Saturated Fat: 34.2g (213.76%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 16.56g (6.02%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 2334.35mg (101.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin K: 72.77µg (69.31%), Vitamin E: 8.39mg (55.94%), Vitamin B1: 0.2mg (13.6%), Selenium: 7.63µg (10.91%), Folate: 41.17µg (10.29%), Vitamin B5: 1.03mg (10.28%), Manganese: 0.16mg (7.97%), Vitamin B3: 1.33mg (6.64%), Vitamin B2: 0.11mg (6.54%), Iron: 1.16mg (6.44%), Fiber: 0.61g (2.43%), Phosphorus: 24.3mg (2.43%), Copper: 0.04mg (2.18%), Magnesium: 5.6mg (1.4%), Zinc: 0.17mg (1.13%)