



No Fail Pie Crust III

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



1285 kcal

CRUST

Ingredients

- 2 cups butter
- 1 eggs lightly beaten
- 4 cups flour all-purpose
- 0.5 teaspoon salt
- 1 teaspoon vinegar
- 3 fluid ounces water cold

Equipment

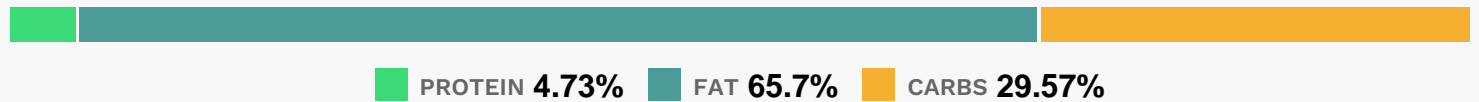
- bowl

measuring cup

Directions

- In a large bowl, stir together the flour and salt.
- Cut in the butter to pea sized chunks.
- Place the egg and vinegar in a measuring cup and add cold water to measure 1/2 cup of total liquid.
- Pour this into the flour mixture and mix just until the dough can be made into a large ball.
- Divide dough into four equal portions. Wrap in plastic and store in the refrigerator. Dough may be refrigerated for up to three days or frozen for up to three months.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:69.04, Inflammation Score:-9, Nutrition Score:22.516086599101%

Nutrients (% of daily need)

Calories: 1284.75kcal (64.24%), Fat: 94.32g (145.11%), Saturated Fat: 58.88g (367.98%), Carbohydrates: 95.54g (31.85%), Net Carbohydrates: 92.16g (33.51%), Sugar: 0.45g (0.5%), Cholesterol: 284.95mg (94.98%), Sodium: 1039.74mg (45.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.53%), Selenium: 46.89µg (66.99%), Vitamin B1: 0.99mg (66.09%), Folate: 237.32µg (59.33%), Vitamin A: 2895.76IU (57.92%), Manganese: 0.86mg (42.85%), Vitamin B2: 0.71mg (41.55%), Vitamin B3: 7.44mg (37.18%), Iron: 6.02mg (33.43%), Vitamin E: 2.82mg (18.82%), Phosphorus: 184.07mg (18.41%), Fiber: 3.38g (13.5%), Copper: 0.19mg (9.59%), Vitamin B5: 0.84mg (8.41%), Vitamin K: 8.35µg (7.96%), Magnesium: 31.33mg (7.83%), Zinc: 1.12mg (7.48%), Calcium: 53.07mg (5.31%), Potassium: 176.26mg (5.04%), Vitamin B12: 0.29µg (4.85%), Vitamin B6: 0.08mg (3.86%), Vitamin D: 0.22µg (1.47%)