



No Roll Pie Crust II

 Vegetarian

READY IN



23 min.

SERVINGS



8

CALORIES



114 kcal

CRUST

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar white

Equipment

- ☐ oven

Directions

- ☐ In a 9 inch pie plate, sift flour, sugar and salt. make a well in the center and pour in oil and milk.
- ☐ Mix with a fork, then press into the bottom and sides of pie plate.
- ☐ To bake: Preheat oven to 450 degrees F (230 degrees C.)
- ☐ Bake for 8 to 10 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:13.35, Inflammation Score:-2, Nutrition Score:3.5673913356403%

Nutrients (% of daily need)

Calories: 114.24kcal (5.71%), Fat: 3.15g (4.85%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 17.93g (6.52%), Sugar: 0.74g (0.83%), Cholesterol: 0.45mg (0.15%), Sodium: 147.24mg (6.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin B1: 0.19mg (12.41%), Selenium: 8.02µg (11.46%), Folate: 42.89µg (10.72%), Manganese: 0.16mg (8.02%), Vitamin B2: 0.12mg (7.12%), Vitamin B3: 1.39mg (6.94%), Iron: 1.09mg (6.05%), Vitamin E: 0.51mg (3.37%), Phosphorus: 29.1mg (2.91%), Fiber: 0.63g (2.53%), Vitamin K: 2.08µg (1.98%), Copper: 0.03mg (1.7%), Magnesium: 5.61mg (1.4%), Zinc: 0.18mg (1.2%), Vitamin B5: 0.12mg (1.17%)