



Oil Pie Crust

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



759 kcal

CRUST

Ingredients

- 2.8 cups flour all-purpose sifted
- 0.5 cup milk
- 1 teaspoon salt
- 0.5 cup vegetable oil

Equipment

- plastic wrap
- measuring cup

Directions

- Mix flour and salt together.
- Pour milk and oil into one measuring cup, do not stir, and add all at once to flour. Stir until mixed, and shape into 2 flat balls. Wrap in plastic wrap. Refrigerate for 15 minutes or more.
- Roll out on lightly floured surface.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:95.97, Inflammation Score:-8, Nutrition Score:26.682608832484%

Nutrients (% of daily need)

Calories: 758.58kcal (37.93%), Fat: 14.54g (22.36%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 134.01g (44.67%), Net Carbohydrates: 129.37g (47.04%), Sugar: 3.4g (3.78%), Cholesterol: 7.32mg (2.44%), Sodium: 1189.36mg (51.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.76g (39.51%), Vitamin B1: 1.38mg (92.23%), Selenium: 59.43µg (84.9%), Folate: 314.53µg (78.63%), Manganese: 1.18mg (58.88%), Vitamin B2: 0.93mg (54.9%), Vitamin B3: 10.21mg (51.06%), Iron: 7.99mg (44.37%), Phosphorus: 247.24mg (24.72%), Vitamin K: 20.74µg (19.76%), Fiber: 4.64g (18.56%), Copper: 0.25mg (12.45%), Magnesium: 45.16mg (11.29%), Calcium: 101.53mg (10.15%), Vitamin B5: 0.98mg (9.8%), Zinc: 1.46mg (9.71%), Potassium: 275.65mg (7.88%), Vitamin E: 1.03mg (6.83%), Vitamin B6: 0.11mg (5.64%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Vitamin A: 98.82IU (1.98%)