



Old Fashioned Flaky Pie Crust

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



99 kcal

CRUST

Ingredients

- 1.8 cups flour all-purpose
- 1 teaspoon salt
- 0.5 cup vegetable oil
- 3.5 tablespoons water

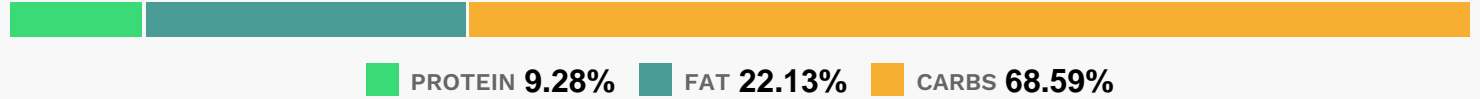
Equipment

- bowl
- whisk

Directions

- Whisk flour with salt in a bowl; use a fork to stir in vegetable oil.
- Mix in water, 1 tablespoon at a time, before adding more water. Gather dough into a ball, divide in half, and roll out on a floured work surface.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:12.08, Inflammation Score:-2, Nutrition Score:3.2278260912584%

Nutrients (% of daily need)

Calories: 98.9kcal (4.94%), Fat: 2.39g (3.68%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 16.1g (5.86%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 233.25mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin B1: 0.17mg (11.45%), Selenium: 7.42µg (10.59%), Folate: 40.03µg (10.01%), Manganese: 0.15mg (7.49%), Vitamin B3: 1.29mg (6.46%), Vitamin B2: 0.11mg (6.36%), Iron: 1.02mg (5.65%), Vitamin K: 4.07µg (3.88%), Fiber: 0.59g (2.36%), Phosphorus: 23.63mg (2.36%), Copper: 0.03mg (1.63%), Vitamin E: 0.19mg (1.28%), Magnesium: 4.87mg (1.22%), Zinc: 0.15mg (1.03%)