



Pastry

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup water cold

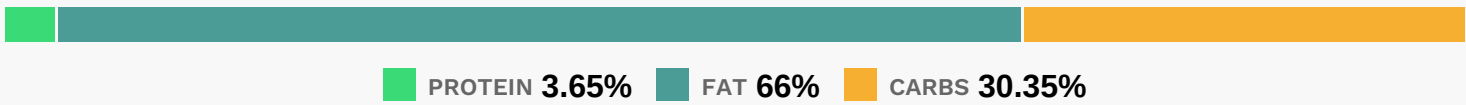
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 3 ingredients; cut in shortening with a pastry blender until crumbly.
- ☐ Sprinkle 1/4 cup cold water, 1 tablespoon at a time, over surface; stir with a fork until dry ingredients are moistened. Shape into a ball; chill.
- ☐ Roll pastry to 1/8-inch thickness on a lightly floured surface. Fit into a 9-inch pieplate; trim off excess pastry along edges. Fold edges under, and crimp.
- ☐ Bake at 350 for 22 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:9.67, Inflammation Score:-1, Nutrition Score:2.7121739581875%

Nutrients (% of daily need)

Calories: 175.91kcal (8.8%), Fat: 12.97g (19.95%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 13g (4.73%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 73.88mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin B1: 0.13mg (8.35%), Selenium: 5.31µg (7.58%), Folate: 28.59µg (7.15%), Vitamin K: 6.86µg (6.54%), Manganese: 0.11mg (5.34%), Vitamin E: 0.79mg (5.3%), Vitamin B3: 0.92mg (4.61%), Vitamin B2: 0.08mg (4.56%), Iron: 0.74mg (4.09%), Phosphorus: 16.88mg (1.69%), Fiber: 0.42g (1.69%), Vitamin B5: 0.16mg (1.56%), Copper: 0.02mg (1.19%)