



## Pastry Crust

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

CRUST

## Ingredients

- ☐ 0.5 teaspoon apple cider vinegar
- ☐ 1 cup flour all-purpose divided
- ☐ 3 tablespoons water
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening

## Equipment

- ☐ food processor

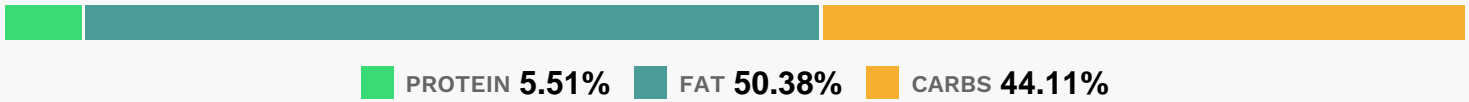
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup
- ☐ tart form

## Directions

- ☐ Preheat oven to 400
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine 1/4 cup flour, ice water, and vinegar, stirring with a whisk until well-blended.
- ☐ Combine 3/4 cup flour, sugar, and salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add slurry; toss with a fork until flour mixture is moist. Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle; freeze 10 minutes.
- ☐ Remove 1 sheet of plastic wrap; let stand 1 minute or until pliable. Fit dough, plastic-wrap side up, into a 9-inch pie plate or a 9-inch round removable-bottom tart pan.
- ☐ Remove plastic wrap. Press the dough against bottom and sides of pan. Fold edges under or flute decoratively. Line bottom of dough with a piece of foil; arrange pie weights on foil.
- ☐ Bake at 400 for 20 minutes or until edge is lightly browned.
- ☐ Remove pie weights and foil; cool on a wire rack.
- ☐ Food Processor variation: Preheat oven to 400
- ☐ Lightly spoon 1 cup flour into a dry measuring cup; level with a knife.

- ☐ Place flour, sugar, and salt in a food processor; pulse 2 times or until combined.
- ☐ Add shortening; pulse 10 times or until mixture is combined.
- ☐ Add ice water and vinegar through food chute, pulsing just until combined (mixture won't form a ball). Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle; freeze 10 minutes.
- ☐ Remove 1 sheet of plastic wrap; let stand 1 minute or until pliable. Fit dough into a 9-inch pie plate or 9-inch round removable-bottom tart pan.
- ☐ Remove top sheet of plastic wrap. Press the dough against bottom and sides of pan. Fold edges under or flute decoratively. Arrange pie weights on a piece of foil in bottom of dough; bake at 400 for 20 minutes or until edge is lightly browned.
- ☐ Remove pie weights and foil; cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:14.38, Glycemic Load:8.63, Inflammation Score:-1, Nutrition Score:2.4334782932116%

## Nutrients (% of daily need)

Calories: 117.46kcal (5.87%), Fat: 6.56g (10.09%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 12.5g (4.55%), Sugar: 1.02g (1.13%), Cholesterol: 0mg (0%), Sodium: 73.56mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin B1: 0.12mg (8.26%), Selenium: 5.3µg (7.58%), Folate: 28.59µg (7.15%), Manganese: 0.11mg (5.38%), Vitamin B3: 0.92mg (4.61%), Vitamin B2: 0.08mg (4.55%), Iron: 0.73mg (4.06%), Vitamin K: 3.45µg (3.29%), Vitamin E: 0.4mg (2.68%), Phosphorus: 16.9mg (1.69%), Fiber: 0.42g (1.69%), Copper: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.12%)