



Pastry Tart Shell

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon coarse salt
- 1.3 cups flour all-purpose
- 1 tablespoon sugar
- 6 tablespoons butter unsalted very cold cut into 1/2-inch cubes
- 3.5 tablespoons water

Equipment

- food processor
- oven

- wire rack
- plastic wrap
- aluminum foil
- tart form

Directions

- Process first 3 ingredients in a food processor until blended.
- Add butter, and pulse 8 to 10 times or until mixture is crumbly.
- Add water, and pulse 8 to 10 times or until mixture holds together.
- Turn dough out onto a lightly floured surface; shape into a ball.
- Place on plastic wrap; flatten slightly and wrap securely. Refrigerate at least 30 minutes.
- Roll pastry to 1/8-inch thickness on a lightly floured surface. Fit into a fluted 10 1/2- x 3-inch-deep round tart pan; trim excess pastry along edges. Cover with plastic wrap, and refrigerate 30 minutes. Freeze 30 additional minutes. Line pastry with aluminum foil; fill with pie weights or dried beans.
- Bake at 375 for 17 minutes.
- Remove weights and foil; bake 8 additional minutes. Cool on a wire rack.

Nutrition Facts

PROTEIN 5.53% **FAT 51.43%** **CARBS 43.04%**

Properties

Glycemic Index:9.67, Glycemic Load:6.31, Inflammation Score:-1, Nutrition Score:1.6743478172499%

Nutrients (% of daily need)

Calories: 81.15kcal (4.06%), Fat: 4.65g (7.15%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 8.47g (3.08%), Sugar: 0.83g (0.92%), Cholesterol: 12.04mg (4.01%), Sodium: 20.39mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin B1: 0.08mg (5.47%), Selenium: 3.59µg (5.13%), Folate: 19.23µg (4.81%), Manganese: 0.07mg (3.57%), Vitamin B2: 0.05mg (3.15%), Vitamin B3: 0.62mg (3.09%), Vitamin A: 139.94IU (2.8%), Iron: 0.49mg (2.69%), Phosphorus: 12.59mg (1.26%), Fiber: 0.28g (1.13%)