



## Pâte Brisée Pie Shells

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



121 kcal

CRUST

### Ingredients

- ☐ 1 large egg yolk mixed with 1/4 cup ice water
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 10 tablespoon butter unsalted cold cut into 1-inch pieces

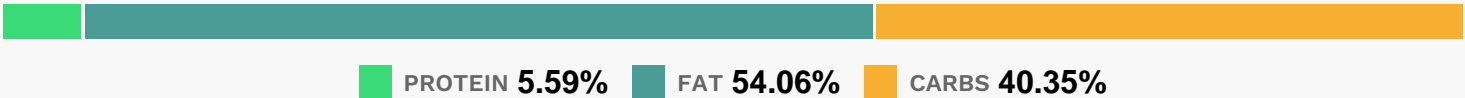
### Equipment

- ☐ food processor

# Directions

- ☐ In a food processor, pulse the flour with the sugar and salt.
- ☐ Add the butter and pulse until the mixture resembles coarse meal.
- ☐ Add the egg yolk and pulse until a crumbly dough forms.
- ☐ Turn the dough out onto a lightly floured surface; knead 3 times until it just comes together. Pat the dough into two disks. Wrap in plastic and refrigerate for at least 30 minutes or overnight.
- ☐ On a lightly floured work surface, roll each disk out to a 12-inch round. Fit each round into a 9-inch glass pie plate. Trim the overhang to 1 inch and fold the edge under itself, then crimp decoratively. Refrigerate until firm.
- ☐ Make Ahead: The dough can be frozen for 1 month. The pie shells can be refrigerated overnight.

## Nutrition Facts



## Properties

Glycemic Index:9.07, Glycemic Load:8.8, Inflammation Score:-2, Nutrition Score:2.5221739048543%

## Nutrients (% of daily need)

Calories: 120.57kcal (6.03%), Fat: 7.25g (11.16%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.76g (4.27%), Sugar: 0.3g (0.33%), Cholesterol: 18.81mg (6.27%), Sodium: 37.68mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin B1: 0.12mg (8.21%), Selenium: 5.39µg (7.69%), Folate: 28.86µg (7.21%), Manganese: 0.11mg (5.35%), Vitamin B2: 0.08mg (4.72%), Vitamin B3: 0.93mg (4.63%), Vitamin A: 218.66IU (4.37%), Iron: 0.73mg (4.04%), Phosphorus: 18.98mg (1.9%), Fiber: 0.42g (1.69%), Vitamin E: 0.21mg (1.42%), Copper: 0.02mg (1.21%)