

Perfect Baked Pie Crust

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



132 kcal

CRUST

Ingredients

- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup shortening
- 3 tablespoons water

Equipment

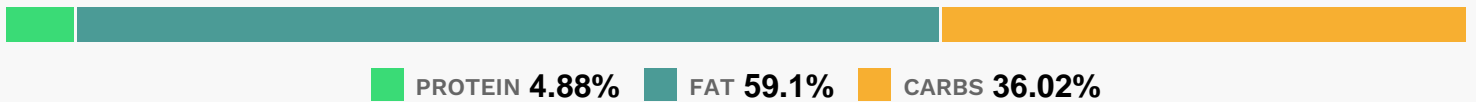
- bowl
- oven
- wire rack

- blender
- plastic wrap
- rolling pin

Directions

- Heat oven to 475°F.
- Mix flour and salt in medium bowl.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap flattened round of pastry in plastic wrap and refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- Roll pastry, using floured rolling pin, into circle 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired. Prick bottom and side of pastry thoroughly with fork.
- Bake 8 to 10 minutes or until light brown; cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:8.63, Inflammation Score:-1, Nutrition Score:2.5234782734643%

Nutrients (% of daily need)

Calories: 132.38kcal (6.62%), Fat: 8.69g (13.38%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 11.5g (4.18%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 146.28mg (6.36%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin B1: 0.12mg (8.29%), Selenium: 5.3µg (7.57%), Folate:

28.59µg (7.15%), Manganese: 0.11mg (5.35%), Vitamin B3: 0.92mg (4.61%), Vitamin B2: 0.08mg (4.54%), Vitamin K: 4.59µg (4.37%), Iron: 0.73mg (4.07%), Vitamin E: 0.53mg (3.55%), Phosphorus: 16.88mg (1.69%), Fiber: 0.42g (1.69%), Vitamin B5: 0.13mg (1.27%), Copper: 0.02mg (1.18%)