

Perfect Pie Crust

READY IN



45 min.

SERVINGS



20

CALORIES



161 kcal

CRUST

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup ice water
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon sugar
- ☐ 12 tablespoons butter unsalted very cold ()
- ☐ 0.3 cup vegetable shortening very cold

Equipment

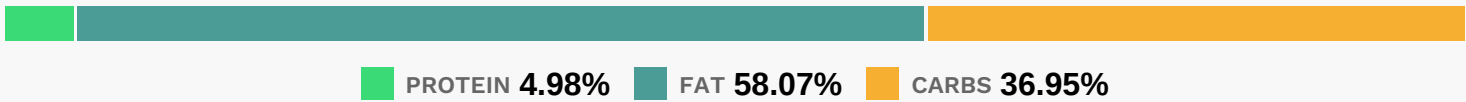
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Dice the butter and return it to the refrigerator while you prepare the flour mixture.
- ☐ Place the flour, salt, and sugar in the bowl of a food processor fitted with a steel blade and pulse a few times to mix.
- ☐ Add the butter and shortening. Pulse 8 to 12 times, until the butter is the size of peas. With the machine running, pour the ice water down the feed tube and pulse the machine until the dough begins to form a ball. Dump out on a floured board and roll into a ball. Wrap in plastic wrap and refrigerate for 30 minutes.
- ☐ Cut the dough in half.
- ☐ Roll each piece on a well-floured board into a circle, rolling from the center to the edge, turning and flouring the dough to make sure it doesn't stick to the board. Fold the dough in half, place in a pie pan, and unfold to fit the pan. Repeat with the top crust.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:10.77, Inflammation Score:-2, Nutrition Score:3.0895652375791%

Nutrients (% of daily need)

Calories: 160.99kcal (8.05%), Fat: 10.42g (16.02%), Saturated Fat: 5.2g (32.49%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 14.4g (5.24%), Sugar: 0.65g (0.73%), Cholesterol: 18.06mg (6.02%), Sodium: 118.01mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin B1: 0.15mg (9.89%), Selenium: 6.44µg (9.21%), Folate: 34.56µg (8.64%), Manganese: 0.13mg (6.43%), Vitamin B2: 0.1mg (5.62%), Vitamin B3: 1.11mg (5.55%), Iron: 0.88mg (4.86%), Vitamin A: 209.92IU (4.2%), Vitamin E: 0.42mg (2.77%), Vitamin K: 2.46µg (2.34%), Phosphorus: 22.27mg (2.23%), Fiber: 0.51g (2.03%), Copper: 0.03mg (1.47%), Vitamin B5: 0.11mg (1.15%), Magnesium: 4.36mg (1.09%)