



Perfect Pie Dough

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



160 kcal

CRUST

Ingredients

- 0.1 teaspoon double-acting baking powder
- 1 cup flour all-purpose
- 8 servings flour all-purpose (to roll out dough)
- 2 teaspoons juice of lemon fresh
- 0.1 teaspoon salt
- 0.3 teaspoon sugar
- 5 tablespoons butter unsalted chilled cut into small pieces
- 2 tablespoons water very cold

0.3 cup flour whole-wheat

Equipment

food processor

plastic wrap

rolling pin

Directions

Combine the first 5 ingredients in a food processor; process until blended.

Add butter and cream cheese, and pulse until mixture resembles coarse meal.

Add cold water and lemon juice, and pulse just until dough begins to form.

Transfer to a lightly floured surface, and form into a flat disk (do not overwork). Wrap dough tightly in plastic wrap, and let chill 1 hour or up to 2 days.

Spray a 9-inch glass pie plate with cooking spray.

Roll out dough into a 13-inch round on a floured surface with a floured rolling pin, and transfer to a pie plate.

Nutrition Facts



PROTEIN 7.36% **FAT 41.49%** **CARBS 51.15%**

Properties

Glycemic Index:39.01, Glycemic Load:12.87, Inflammation Score:-3, Nutrition Score:4.5730434941209%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 160.45kcal (8.02%), Fat: 7.42g (11.42%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 19.55g (7.11%), Sugar: 0.24g (0.27%), Cholesterol: 18.81mg (6.27%), Sodium: 44.66mg (1.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Manganese: 0.31mg (15.54%), Selenium: 10.25µg (14.64%), Vitamin B1: 0.2mg (13.41%), Folate: 44.48µg (11.12%), Vitamin B3: 1.56mg (7.78%), Vitamin B2: 0.12mg (7.27%), Iron: 1.22mg (6.77%), Vitamin A: 219.07IU (4.38%), Phosphorus: 41.93mg (4.19%), Fiber: 1.03g (4.12%),

Magnesium: 10.53mg (2.63%), Copper: 0.05mg (2.55%), Zinc: 0.27mg (1.79%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.14mg (1.35%), Vitamin B6: 0.03mg (1.31%), Potassium: 41.77mg (1.19%), Calcium: 10.73mg (1.07%)