



WHATSheATE



HEALTH SCORE

60%

Pie Crust II



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



626 kcal

CRUST

Ingredients



5.5 cups flour all-purpose



1 teaspoon salt



1 pound lard chilled cut into small pieces



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Equipment

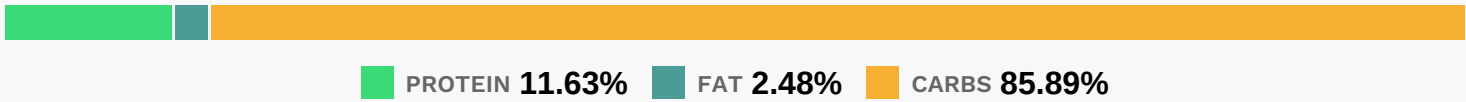


bowl

Directions

- ☐ In a large bowl, combine flour and salt.
- ☐ Cut in lard until mixture resembles coarse crumbs. Stir in lemon-lime soda until mixture forms a ball. Divide dough in quarters and shape into balls. Wrap in plastic and refrigerate for 4 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:94.89, Inflammation Score:-7, Nutrition Score:23.603477962639%

Nutrients (% of daily need)

Calories: 625.63kcal (31.28%), Fat: 1.68g (2.59%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 131.16g (43.72%), Net Carbohydrates: 126.52g (46.01%), Sugar: 0.46g (0.52%), Cholesterol: 0mg (0%), Sodium: 584.81mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.51%), Vitamin B1: 1.35mg (89.95%), Selenium: 58.27µg (83.24%), Folate: 314.53µg (78.63%), Manganese: 1.17mg (58.68%), Vitamin B3: 10.15mg (50.74%), Vitamin B2: 0.85mg (49.94%), Iron: 7.98mg (44.33%), Phosphorus: 185.63mg (18.56%), Fiber: 4.64g (18.56%), Copper: 0.25mg (12.4%), Magnesium: 37.83mg (9.46%), Zinc: 1.2mg (8.03%), Vitamin B5: 0.75mg (7.53%), Potassium: 184.03mg (5.26%), Vitamin B6: 0.08mg (3.78%), Calcium: 26.14mg (2.61%)