

## Pie Crust III

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



1174 kcal

CRUST

### Ingredients

- 0.7 cup canola oil
- 2 cups flour all-purpose
- 6 tablespoons water

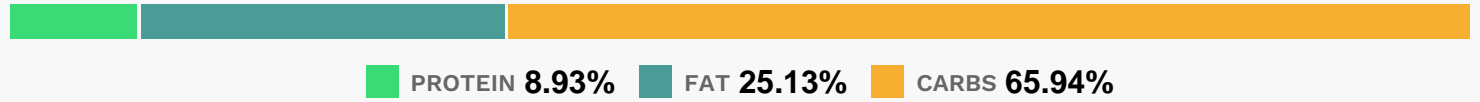
### Equipment

- plastic wrap

### Directions

- Mix together flour, oil, and ice water.
- Divide dough in half.
- Roll each piece between two pieces of plastic wrap.

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:138.02, Inflammation Score:-9, Nutrition Score:33.892174140267%

## Nutrients (% of daily need)

Calories: 1174.02kcal (58.7%), Fat: 32.32g (49.72%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 190.77g (63.59%), Net Carbohydrates: 184.02g (66.92%), Sugar: 0.68g (0.75%), Cholesterol: 0mg (0%), Sodium: 9.5mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.65%), Vitamin B1: 1.96mg (130.83%), Selenium: 84.75µg (121.07%), Folate: 457.5µg (114.38%), Manganese: 1.71mg (85.25%), Vitamin B3: 14.76mg (73.8%), Vitamin B2: 1.24mg (72.65%), Iron: 11.6mg (64.44%), Vitamin E: 5.38mg (35.84%), Phosphorus: 270mg (27%), Fiber: 6.75g (27%), Vitamin K: 22.04µg (21%), Copper: 0.37mg (18.72%), Magnesium: 55.9mg (13.98%), Zinc: 1.76mg (11.73%), Vitamin B5: 1.1mg (10.95%), Potassium: 267.5mg (7.64%), Vitamin B6: 0.11mg (5.5%), Calcium: 40.2mg (4.02%)