

Pie Crust Mix

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



455 kcal

CRUST

Ingredients

- 1 teaspoon double-acting baking powder
- 6 cups flour all-purpose
- 1 teaspoon salt
- 1 pound lard
- 1 pound lard

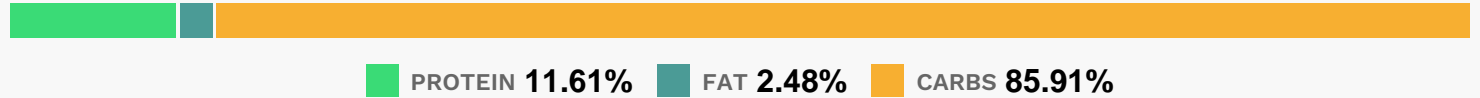
Equipment

- bowl

Directions

- In a large bowl, combine flour, salt and baking powder.
- Cut in lard until mixture resembles coarse crumbs.
- Store in an airtight container for up to 6 weeks. To make 2 pie crusts, combine 2 1/2 cups mix with 5 tablespoons water.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:69.18, Inflammation Score:-6, Nutrition Score:17.420869635499%

Nutrients (% of daily need)

Calories: 455.35kcal (22.77%), Fat: 1.23g (1.88%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 95.57g (31.86%), Net Carbohydrates: 92.2g (33.53%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 460.75mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.83%), Vitamin B1: 0.98mg (65.42%), Selenium: 42.38µg (60.54%), Folate: 228.75µg (57.19%), Manganese: 0.85mg (42.68%), Vitamin B3: 7.38mg (36.9%), Vitamin B2: 0.62mg (36.32%), Iron: 5.88mg (32.65%), Phosphorus: 149.61mg (14.96%), Fiber: 3.38g (13.51%), Copper: 0.18mg (9.02%), Magnesium: 27.69mg (6.92%), Zinc: 0.88mg (5.84%), Calcium: 58.16mg (5.82%), Vitamin B5: 0.55mg (5.47%), Potassium: 133.96mg (3.83%), Vitamin B6: 0.05mg (2.75%)