



## Pie Dough

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

CRUST

## Ingredients

- 1.3 cups flour all-purpose
- 3 tablespoons ice water
- 0.3 teaspoon salt
- 3 tablespoons butter unsalted
- 2 tablespoons vegetable shortening

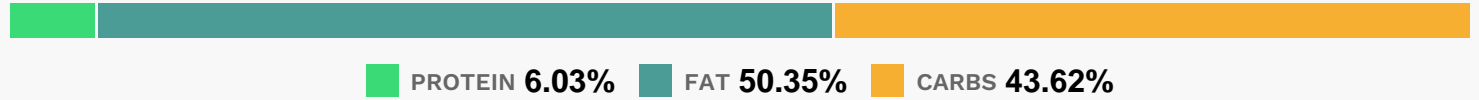
## Equipment

- food processor
- bowl

## Directions

- Pulse flour and salt in a food processor until combined.
- Add butter and shortening, and pulse until crumbly. With processor running, gradually add ice water, processing until dough forms a ball and leaves sides of bowl, adding more ice water, if necessary. Cover and chill 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:10.78, Inflammation Score:-2, Nutrition Score:3.0504347694957%

## Nutrients (% of daily need)

Calories: 137.02kcal (6.85%), Fat: 7.65g (11.77%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 14.38g (5.23%), Sugar: 0.06g (0.06%), Cholesterol: 11.29mg (3.76%), Sodium: 74.05mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin B1: 0.15mg (10.28%), Selenium: 6.67µg (9.53%), Folate: 35.9µg (8.97%), Manganese: 0.13mg (6.68%), Vitamin B2: 0.1mg (5.78%), Vitamin B3: 1.16mg (5.78%), Iron: 0.91mg (5.06%), Vitamin A: 131.2IU (2.62%), Phosphorus: 22.35mg (2.24%), Vitamin E: 0.33mg (2.2%), Fiber: 0.53g (2.11%), Vitamin K: 2.13µg (2.03%), Copper: 0.03mg (1.5%), Vitamin B5: 0.11mg (1.13%), Magnesium: 4.46mg (1.12%)