



Press-in-the-Pan Pie Crust with Nuts

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



186 kcal

CRUST

Ingredients

- 1 cup flour all-purpose
- 0.5 cup butter softened
- 0.3 cup nuts finely chopped

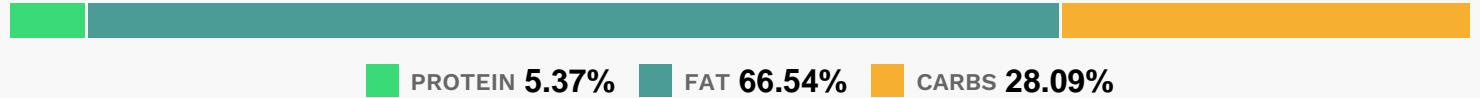
Equipment

- bowl
- oven
- wire rack

Directions

- In medium bowl, mix all ingredients until soft dough forms. Using lightly floured fingers, press firmly and evenly against bottom and side of 9-inch glass pie plate.
- Fill and bake as directed in pie recipe. Or to bake before filling is added, heat oven to 475°F.
- Bake 7 to 8 minutes or until light brown; cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:8.84, Inflammation Score:-5, Nutrition Score:3.6895651954996%

Nutrients (% of daily need)

Calories: 185.61kcal (9.28%), Fat: 13.89g (21.37%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.36g (4.5%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 134.64mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin A: 508.16IU (10.16%), Manganese: 0.19mg (9.69%), Vitamin B1: 0.13mg (8.87%), Folate: 30.99µg (7.75%), Selenium: 5.3µg (7.57%), Vitamin B3: 1.14mg (5.69%), Vitamin B2: 0.09mg (5.38%), Iron: 0.89mg (4.95%), Copper: 0.08mg (4%), Phosphorus: 39.71mg (3.97%), Magnesium: 13.99mg (3.5%), Fiber: 0.83g (3.31%), Vitamin E: 0.45mg (2.99%), Zinc: 0.28mg (1.87%), Potassium: 49.54mg (1.42%), Vitamin B5: 0.13mg (1.35%), Vitamin B6: 0.02mg (1.07%)