



Simple Pastry Crust

READY IN



45 min.

SERVINGS



20

CALORIES



130 kcal

CRUST

Ingredients

- 1 large eggs
- 3 cups flour all-purpose
- 1 teaspoon sea salt fine
- 0.5 cup butter unsalted cold cut into cubes
- 3 tablespoons shortening
- 1 tablespoon vinegar white

Equipment

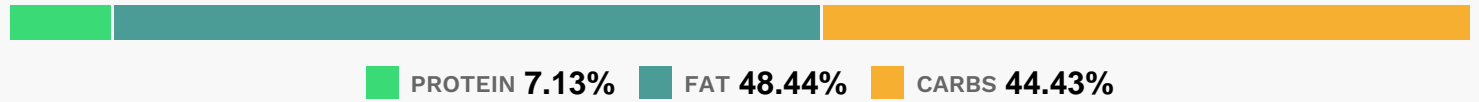
- bowl

- whisk
- blender
- plastic wrap

Directions

- Combine flour and sea salt in a large bowl.
- Mix in butter and shortening with a pastry blender or 2 forks until it resembles coarse meal.
- Whisk together egg, vinegar, and 1/4 cup cold water, pour into flour mixture, and stir just until it comes together and starts to form a ball.
- Add more water, 1 tablespoon at a time, if necessary. Press together with lightly floured hands, and form into 2 flat rounds. Cover with plastic wrap, and chill 1 hour or overnight.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:10.35, Inflammation Score:-2, Nutrition Score:3.1339130349781%

Nutrients (% of daily need)

Calories: 129.63kcal (6.48%), Fat: 6.94g (10.68%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.82g (5.03%), Sugar: 0.06g (0.07%), Cholesterol: 21.5mg (7.17%), Sodium: 120.92mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Selenium: 7.18µg (10.26%), Vitamin B1: 0.15mg (9.92%), Folate: 35.66µg (8.91%), Manganese: 0.13mg (6.48%), Vitamin B2: 0.11mg (6.23%), Vitamin B3: 1.11mg (5.56%), Iron: 0.92mg (5.1%), Vitamin A: 155.32IU (3.11%), Phosphorus: 26.59mg (2.66%), Fiber: 0.51g (2.03%), Vitamin E: 0.29mg (1.91%), Copper: 0.03mg (1.49%), Vitamin K: 1.48µg (1.41%), Vitamin B5: 0.14mg (1.4%), Magnesium: 4.55mg (1.14%), Zinc: 0.17mg (1.13%)