



## Sour Cream Pastry

READY IN



70 min.

SERVINGS



10

CALORIES



171 kcal

SIDE DISH

### Ingredients

- 2 teaspoons double-acting baking powder
- 1.3 cups flour all-purpose
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.5 cup cup heavy whipping cream sour

### Equipment

- bowl
- blender

plastic wrap

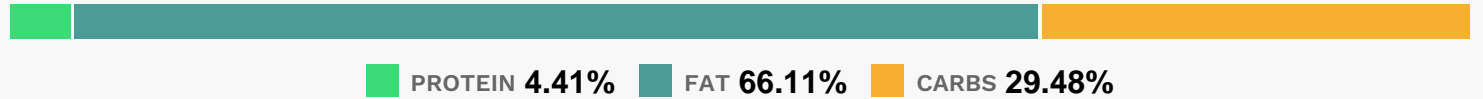
## Directions

Stir together first 3 ingredients in a bowl.

Cut shortening into flour mixture with a pastry blender until mixture resembles small peas.

Add sour cream; stir with a fork until combined. Gently gather dough into a flat disk; wrap in plastic wrap, and chill 1 to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:16.7, Glycemic Load:8.83, Inflammation Score:-2, Nutrition Score:3.2613043823968%

## Nutrients (% of daily need)

Calories: 170.68kcal (8.53%), Fat: 12.63g (19.44%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 12.25g (4.46%), Sugar: 0.43g (0.48%), Cholesterol: 6.78mg (2.26%), Sodium: 205.36mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin B1: 0.13mg (8.47%), Selenium: 5.72µg (8.18%), Folate: 29.28µg (7.32%), Calcium: 61.14mg (6.11%), Vitamin B2: 0.1mg (5.68%), Manganese: 0.11mg (5.41%), Vitamin K: 5.67µg (5.4%), Vitamin B3: 0.93mg (4.67%), Iron: 0.83mg (4.61%), Vitamin E: 0.68mg (4.54%), Phosphorus: 43.14mg (4.31%), Vitamin B5: 0.18mg (1.77%), Fiber: 0.42g (1.69%), Vitamin A: 71.64IU (1.43%), Copper: 0.02mg (1.24%), Magnesium: 4.81mg (1.2%)