



Tender Pie Crust

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



154 kcal

CRUST

Ingredients

- ☐ 3 cups flour
- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 8 tablespoons water ()
- ☐ 1.8 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 1 cup butter unsalted chilled cut into 1/2-inch cubes ()

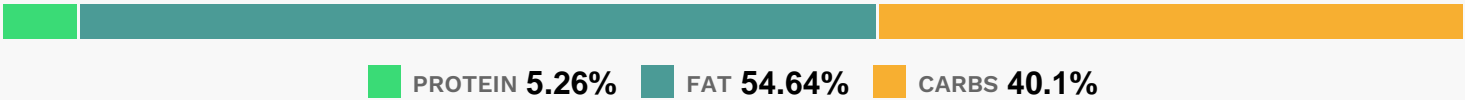
Equipment

- ☐ ziploc bags

Directions

- ☐ Blend flour, sugar, and salt in processor.
- ☐ Add butter; using on/off turns, process until coarse meal forms.
- ☐ Add 8 tablespoons ice water and cider vinegar; blend until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough together. Turn dough out onto work surface; divide dough in half. Form each half into ball and flatten into disk. Wrap disks separately in plastic; refrigerate at least 1 hour. (Can be made ahead. Keep dough refrigerated up to 2 days, or enclose in resealable plastic bag and freeze up to 1 month, then thaw in refrigerator overnight. Soften slightly at room temperature before rolling out.)

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:11.19, Inflammation Score:-3, Nutrition Score:3.0713043549786%

Nutrients (% of daily need)

Calories: 154.33kcal (7.72%), Fat: 9.39g (14.45%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 15.01g (5.46%), Sugar: 1.26g (1.4%), Cholesterol: 24.4mg (8.13%), Sodium: 205.43mg (8.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin B1: 0.15mg (9.85%), Selenium: 6.48µg (9.25%), Folate: 34.65µg (8.66%), Manganese: 0.13mg (6.49%), Vitamin B2: 0.1mg (5.69%), Vitamin A: 283.64IU (5.67%), Vitamin B3: 1.11mg (5.56%), Iron: 0.88mg (4.86%), Phosphorus: 23mg (2.3%), Fiber: 0.51g (2.03%), Vitamin E: 0.27mg (1.83%), Copper: 0.03mg (1.5%), Vitamin D: 0.17µg (1.13%), Magnesium: 4.44mg (1.11%)