



## Whole Wheat Pie Crust

 Vegetarian

READY IN



80 min.

SERVINGS



2

CALORIES



524 kcal

CRUST

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 tablespoon flaxseed meal
- 0.5 teaspoon ground cinnamon
- 6 tablespoons ice water
- 1 lemon zest
- 1 pinch salt
- 2 tablespoons sugar
- 3 tablespoons butter unsalted cold cut into 1/2-inch cubes

1.5 cups pastry flour whole wheat for dusting plus more

## Equipment

food processor

bowl

oven

whisk

plastic wrap

## Directions

Preheat the oven to 375 degrees F.

In a medium bowl, whisk the flour, sugar, flaxseed meal, cinnamon, baking powder and salt.

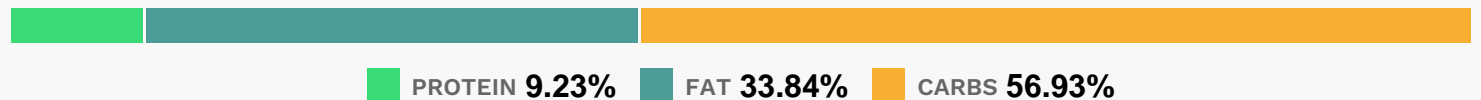
Place the mixture into a food processor and add the butter and lemon zest. Pulse until the butter and lemon zest begin to make the mixture crumbly.

Drizzle in the water while you pulse the dough until it starts to pull away from the side of the bowl.

Divide the dough in half and shape each half into a disk. On a floured surface, roll each disk out until about 1-inch thick. Wrap the disks in plastic wrap and refrigerate for 1 hour.

When ready to use the dough, remove the disks from the fridge and let stand for 10 minutes. When ready to use, roll the disks out to a 1/2-inch thickness and place into desired pie plate.

## Nutrition Facts



## Properties

Glycemic Index:99.55, Glycemic Load:8.53, Inflammation Score:-7, Nutrition Score:22.010434663814%

## Nutrients (% of daily need)

Calories: 524.37kcal (26.22%), Fat: 20.81g (32.02%), Saturated Fat: 11.31g (70.66%), Carbohydrates: 78.77g (26.26%), Net Carbohydrates: 67.6g (24.58%), Sugar: 12.55g (13.94%), Cholesterol: 45.15mg (15.05%), Sodium: 80.14mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.55%), Manganese: 3.84mg (191.8%), Selenium: 56.83µg (81.18%), Fiber: 11.17g (44.68%), Phosphorus: 360.45mg (36.04%), Magnesium: 138.78mg

(34.69%), Vitamin B1: 0.51mg (34.14%), Vitamin B3: 4.6mg (22.98%), Copper: 0.43mg (21.38%), Iron: 3.57mg (19.84%), Vitamin B6: 0.39mg (19.47%), Zinc: 2.53mg (16.89%), Folate: 43.69µg (10.92%), Vitamin A: 535.86IU (10.72%), Potassium: 367.49mg (10.5%), Vitamin B2: 0.17mg (9.77%), Calcium: 84.46mg (8.45%), Vitamin E: 1.16mg (7.71%), Vitamin B5: 0.61mg (6.12%), Vitamin C: 3.91mg (4.74%), Vitamin K: 3.49µg (3.32%), Vitamin D: 0.31µg (2.1%)