

Oil Pastry for a Double-Crust Pie

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2 cups all-purpose flour

1 teaspoon salt

1/2 cup cooking oil

1/2 cup water

In a medium bowl, combine the flour and salt.

Roll each ball of dough into a twelve-inch circle. Pour 1/2 cup of cooking oil and 1/2 cup of water into a measuring cup (do not stir). Add all at once to the flour mixture. Stir gently with a fork.

Divide the dough in half. Shape each half into a ball.

Cut four twelve-inch squares of waxed paper. Place each ball of dough between two squares of paper.

Dampen a work surface with a little water to prevent the paper from slipping.

Per Serving (excluding unknown items): 1874 Calories; 111g Fat (53.7% calories from fat); 26g Protein; 191g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 2140mg Sodium. Exchanges: 12 1/2 Grain(Starch); 22 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1874	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	40.8%	Thiamin B1 (mg):	2.0mg
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	111g	Folacin (mcg):	385mcg
Saturated Fat (g):	15g	Niacin (mg):	15mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	65g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	191g
Dietary Fiber (g):	7g
Protein (g):	26g
Sodium (mg):	2140mg
Potassium (mg):	268mg
Calcium (mg):	54mg
Iron (mg):	12mg
Zinc (mg):	2mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	22
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1874 **Calories from Fat:** 1005

% Daily Values*

Total Fat 111g	171%
Saturated Fat 15g	73%
Cholesterol 0mg	0%
Sodium 2140mg	89%
Total Carbohydrates 191g	64%
Dietary Fiber 7g	27%
Protein 26g	
Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	65%

* Percent Daily Values are based on a 2000 calorie diet.