

Pastry for a Double Crust Pie II

*Ladies Home Journal Delicious Desserts 2011
Meredith Corporation - Des Moines, IA*

Yield: 2 piecrusts

*2 1/4 cups all-purpose flour
3/4 teaspoon salt
2/3 cup shortening
8 to 10 tablespoons cold water*

Preparation Time: 15 minutes

In a large bowl, stir together the flour and salt. Using a pastry blender, cut in the shortening until the pieces are pea-size.

Sprinkle one tablespoon of water over part of the flour mixture; toss gently with a fork. Push the moistened dough to the side of the bowl. Repeat, using one tablespoon of water at a time, until all of the flour mixture is moistened. Divide in half; shape each half into a ball.

On a lightly floured surface, use your hands to slightly flatten on ball of the dough. Roll the dough from the center outward to a twelve-inch circle.

To transfer the pastry, wrap it around a rolling pin. Unroll into a nine-inch pie plate. Ease the pastry into a pie plate without stretching it. Transfer the filling to the pastry-lined pie plate. Trim the pastry even with the rim of the plate.

Roll the remaining dough to a twelve-inch circle. Cut slits to allow steam to escape. Place the pastry over the filling, trim the pastry to 1/2-inch beyond the edge of the pie plate. Fold the top pastry under the bottom pastry. Crimp the edges as desired. Bake as directed in the pie recipe.

Per Serving (excluding unknown items): 2220 Calories; 138g Fat (56.0% calories from fat); 29g Protein; 215g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 1661mg Sodium. Exchanges: 14 Grain(Starch); 27 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	2220	Vitamin B6 (mg):	.1mg
% Calories from Fat:	56.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	38.7%	Thiamin B1 (mg):	2.2mg
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	138g	Folacin (mcg):	433mcg
Saturated Fat (g):	34g	Niacin (mg):	17mg
Monounsaturated Fat (g):	60g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	36g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	215g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	14
Protein (g):	29g	Lean Meat:	0
Sodium (mg):	1661mg	Vegetable:	0
Potassium (mg):	301mg	Fruit:	0
Calcium (mg):	91mg	Non-Fat Milk:	0
Iron (mg):	13mg	Fat:	27
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving

Calories 2220 **Calories from Fat:** 1244

		% Daily Values*
Total Fat	138g	212%
Saturated Fat	34g	171%
Cholesterol	0mg	0%
Sodium	1661mg	69%
Total Carbohydrates	215g	72%
Dietary Fiber	8g	30%
Protein	29g	
Vitamin A		0%
Vitamin C		0%
Calcium		9%
Iron		73%

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