

Pastry for a Single-Crust Pie

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

*1 1/4 cups all-purpose flour
1/4 teaspoon salt
1/3 cup shortening
4 to 5 tablespoons cold water*

Preparation Time: 10 minutes

In a medium 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. Shape the dough into a ball.

On a lightly-floured surface, use your hands to slightly flatten 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 the pie plate without stretching it.

Trim the pastry to 1/2-inch beyond the edge of the pie plate. Fold under the extra pastry. Crimp the edge as directed. Do not prick the pastry. Bake as directed in the recipe.

Per Serving (excluding unknown items): 1167 Calories; 69g Fat (53.5% calories from fat); 16g Protein; 119g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 564mg Sodium. Exchanges: 8 Grain(Starch); 13 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	53.5%
% Calories from Carbohydrates:	41.0%
% Calories from Protein:	5.5%
Total Fat (g):	69g
Saturated Fat (g):	17g
Monounsaturated Fat (g):	30g
Polyunsaturated Fat (g):	18g
Cholesterol (mg):	0mg
Carbohydrate (g):	119g
Dietary Fiber (g):	4g
Protein (g):	16g
Sodium (mg):	564mg
Potassium (mg):	167mg
Calcium (mg):	46mg
Iron (mg):	7mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	241mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	8
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	13 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1167	Calories from Fat: 624
----------------------	------------------------

% Daily Values*

Total Fat 69g	106%
Saturated Fat 17g	86%
Cholesterol 0mg	0%
Sodium 564mg	24%
Total Carbohydrates 119g	40%
Dietary Fiber 4g	17%
Protein 16g	
<hr/>	
Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	41%

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