

# Pie Pastry

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1 1/4 cups all-purpose flour  
2 tablespoons sugar  
1/4 teaspoon salt  
1/4 cup (1/2 stick) butter, chilled  
and cut into small pieces  
1/4 cup chilled shortening  
4 tablespoons (about) ice water

In a large bowl, combine the flour, sugar and salt. Mix in the butter and shortening with fingers or a pastry blender until the mixture resembles coarse meal with some larger pieces. Add water and stir with a fork until the mixture holds together. Scrape onto a sheet of plastic wrap and form into a ball. Flatten to a one-inch-thick disk. Wrap and chill for one hour.

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Per Serving (excluding unknown items): 869 Calories; 25g Fat (25.6% calories from fat); 16g Protein; 144g Carbohydrate; 4g Dietary Fiber; 62mg Cholesterol; 799mg Sodium. Exchanges: 8 Grain(Starch); 4 1/2 Fat; 1 1/2 Other Carbohydrates.

Lightly coat a nine-inch pie pan with cooking spray.

Roll the pastry on a lightly floured surface into a rough fifteen-inch circle.

(For a blackberry tart, place in a pie or tart pan, letting the crust extend over the edge of the pan.)

(For a blueberry pie, place the crust in the pie pan, trim the edges, fold and crimp.)

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	869	Vitamin B6 (mg):	.1mg
% Calories from Fat:	25.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	66.8%	Thiamin B1 (mg):	1.2mg

% Calories from Protein: 7.6%  
 Total Fat (g): 25g  
 Saturated Fat (g): 15g  
 Monounsaturated Fat (g): 7g  
 Polyunsaturated Fat (g): 1g  
 Cholesterol (mg): 62mg  
 Carbohydrate (g): 144g  
 Dietary Fiber (g): 4g  
 Protein (g): 16g  
 Sodium (mg): 799mg  
 Potassium (mg): 175mg  
 Calcium (mg): 53mg  
 Iron (mg): 7mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 0mg  
 Vitamin A (i.u.): 867IU  
 Vitamin A (r.e.): 214 1/2RE

Riboflavin B2 (mg): .8mg  
 Folic Acid (mcg): 241mcg  
 Niacin (mg): 9mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Refuse: n n%

### Food Exchanges

Grain (Starch): 8  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 4 1/2  
 Other Carbohydrates: 1 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 869 Calories from Fat: 222

### % Daily Values\*

<b>Total Fat</b> 25g	38%
Saturated Fat 15g	73%
<b>Cholesterol</b> 62mg	21%
<b>Sodium</b> 799mg	33%
<b>Total Carbohydrates</b> 144g	48%
Dietary Fiber 4g	17%
<b>Protein</b> 16g	
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<b>Vitamin A</b>	17%
<b>Vitamin C</b>	0%
<b>Calcium</b>	5%
<b>Iron</b>	41%

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