

## Pie Crust

Ingredients	Gram	Baker's %
All purpose flour	450	100
shortening	270	60
salt	7	1.6
egg	50	11
distilled white vinegar	12	2.7
water	65	14
Roasted pea flour	40	9

### Procedures

Mix flour and salt

Cut shortening into flour

Mix together egg, vinegar and water

Roll dough between wax paper

Place the sheeted dough on a pie pan. Fill in the filling.

Bake at 450F for 10 mins. Bake for 350F for 45 mins.

### Nutrition Facts

Serving Size (112g)  
Servings Per Container

Amount Per Serving

**Calories 510**    **Calories from Fat 300**

% Daily Value\*

**Total Fat 34g**    **52%**

Saturated Fat 8g    **40%**

Trans Fat 11g

**Cholesterol 25mg**    **8%**

**Sodium 350mg**    **15%**

**Total Carbohydrate 45g**    **15%**

Dietary Fiber 2g    **8%**

Sugars 2g

**Protein 8g**

Vitamin A 0%    • Vitamin C 0%

Calcium 0%    • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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