



Art's Graham Cracker Cookies

READY IN



25 min.

SERVINGS



30

CALORIES



116 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 15 graham crackers whole
- 0.5 cup butter
- 0.8 cup pecans finely chopped
- 0.5 cup sugar white

Equipment

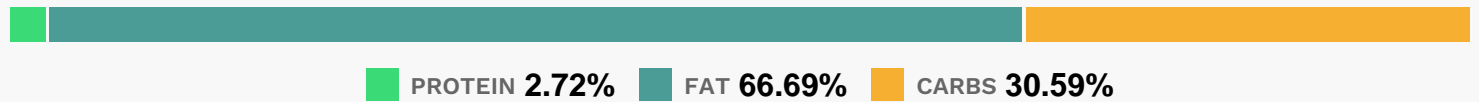
- baking sheet
- sauce pan

- oven
- aluminum foil
- wax paper

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Arrange the graham crackers in a single layer on a baking sheet, making sure the crackers touch each other.
- Heat the butter, margarine, and white sugar in a saucepan over medium heat until the sugar is dissolved, about 2 minutes. Stir in the pecans.
- Spread the butter mixture over the graham crackers.
- Bake in the preheated oven until butter mixture is absorbed, 8 to 10 minutes. Immediately transfer the crackers to cool on aluminum foil or wax paper. Once cooked, break crackers into bite-sized pieces.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:6.11, Inflammation Score:-2, Nutrition Score:1.468260863067%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 115.67kcal (5.78%), Fat: 8.79g (13.52%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.05g (5.61%), Cholesterol: 8.13mg (2.71%), Sodium: 106.17mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Manganese: 0.12mg (6.14%), Vitamin A: 231.4IU (4.63%), Phosphorus: 23.47mg (2.35%), Vitamin B1: 0.03mg (2.3%), Fiber: 0.5g (2%), Iron: 0.36mg (2%), Magnesium: 7.62mg (1.9%), Zinc: 0.26mg (1.75%), Copper: 0.04mg (1.75%), Vitamin E: 0.24mg (1.62%), Vitamin B3: 0.3mg (1.49%), Vitamin B2: 0.02mg (1.39%)