



Caramel Graham Crackers

READY IN



30 min.

SERVINGS



48

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 24 graham crackers
- ☐ 0.5 cup butter
- ☐ 1 cup pecans chopped

Equipment

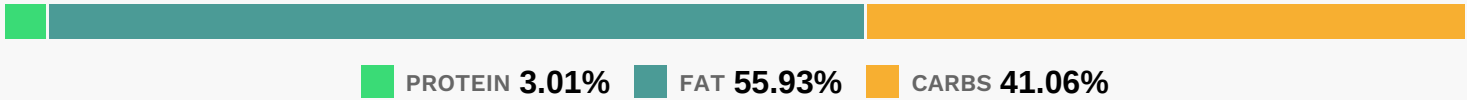
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a jelly roll pan with aluminum foil.
- ☐ Melt butter and margarine together in a saucepan; stir brown sugar into butter mixture until dissolved; bring to a boil, reduce heat to medium, and cook at a boil until caramelized, about 2 minutes.
- ☐ Spread graham crackers in a single layer onto prepared aluminum foil.
- ☐ Pour butter mixture over graham crackers.
- ☐ Sprinkle pecans over the crackers.
- ☐ Bake in preheated oven until topping begins to solidify, about 12 minutes.
- ☐ Let crackers cool before breaking into pieces to serve.

Nutrition Facts



Properties

Glycemic Index:2.79, Glycemic Load:3.78, Inflammation Score:-1, Nutrition Score:1.2978261032182%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 96.74kcal (4.84%), Fat: 6.16g (9.47%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 9.71g (3.53%), Sugar: 6.15g (6.83%), Cholesterol: 5.08mg (1.69%), Sodium: 84.92mg (3.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Manganese: 0.11mg (5.26%), Vitamin A: 144.94IU (2.9%), Phosphorus: 21.72mg (2.17%), Iron: 0.38mg (2.11%), Vitamin B1: 0.03mg (2.09%), Magnesium: 7.41mg (1.85%), Fiber: 0.46g (1.82%), Zinc: 0.24mg (1.61%), Copper: 0.03mg (1.58%), Vitamin B3: 0.3mg (1.49%), Vitamin B2: 0.02mg (1.26%), Calcium: 12.2mg (1.22%), Vitamin E: 0.16mg (1.07%)