

health-score66%

HEALTH SCORE

Cheezy Flax Crackers

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

1095 min.

SERVINGS

servings

12

CALORIES

calories

209 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon agave nectar to taste
- ☐ 1 carrots
- ☐ 1 cup cashew pieces
- ☐ 1 clove garlic
- ☐ 2 cups ground flaxseed
- ☐ 1 juice of lemon juiced
- ☐ 1 bell pepper red halved deseeded
- ☐ 0.5 teaspoon sea salt

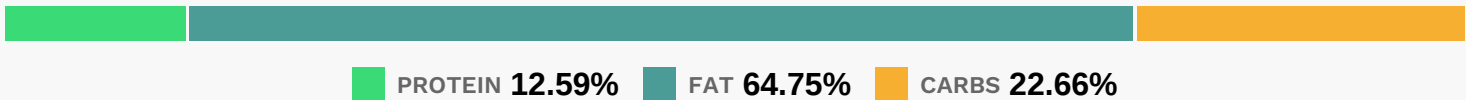
Equipment

- ☐ food processor
- ☐ dehydrator

Directions

- ☐ Puree flaxseed, cashews, red bell pepper, carrot, garlic, lemon juice, sea salt, and agave nectar in a food processor.
- ☐ Spread mixture onto nonstick food dehydrator sheets and place into food dehydrator following manufacturer's instructions.
- ☐ Dehydrate until dry and crisp, about 18 hours. Flip crackers on sheets after 6 hours.
- ☐ Break sheets into pieces for serving.

Nutrition Facts



Properties

Glycemic Index:15.09, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:14.353478442068%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 208.72kcal (10.44%), Fat: 16.02g (24.64%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 4.61g (1.68%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 110.17mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Manganese: 0.86mg (43.15%), Magnesium: 137.94mg (34.49%), Vitamin B1: 0.49mg (32.87%), Fiber: 8g (32%), Copper: 0.57mg (28.33%), Phosphorus: 239.89mg (23.99%), Vitamin A: 1159.89IU (23.2%), Vitamin C: 14.32mg (17.36%), Iron: 2.31mg (12.84%), Selenium: 8.97µg (12.82%), Zinc: 1.82mg (12.13%), Vitamin B6: 0.21mg (10.6%), Potassium: 328.55mg (9.39%), Folate: 32.05µg (8.01%), Calcium: 75.02mg (7.5%), Vitamin K: 6.07µg (5.78%), Vitamin B3: 1.09mg (5.45%), Vitamin B5: 0.41mg (4.06%), Vitamin B2: 0.06mg (3.64%), Vitamin E: 0.38mg (2.52%)