



Chocolate-Macadamia Crumb Crust

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

CRUST

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1.3 cups chocolate wafer crumbs
- ☐ 0.5 cup macadamia nuts finely chopped

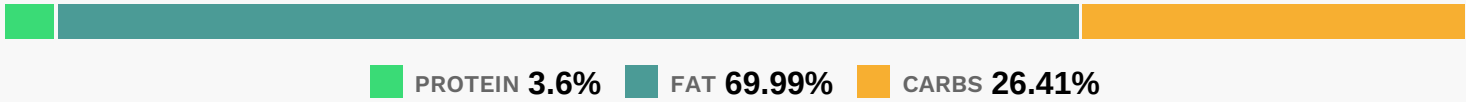
Equipment

- ☐ oven

Directions

- ☐ Combine all ingredients, and press into bottom and up sides of a 9-inch pieplate.
- ☐ Bake at 350 for 8 minutes; cool.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:6.05, Inflammation Score:-3, Nutrition Score:3.9447825816662%

Nutrients (% of daily need)

Calories: 203.91kcal (10.2%), Fat: 16.44g (25.3%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 12.65g (4.6%), Sugar: 6.93g (7.7%), Cholesterol: 0.35mg (0.12%), Sodium: 191.11mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Manganese: 0.47mg (23.39%), Vitamin B1: 0.14mg (9.1%), Copper: 0.14mg (7.22%), Vitamin A: 340.42IU (6.81%), Iron: 1.01mg (5.62%), Fiber: 1.32g (5.26%), Magnesium: 20.45mg (5.11%), Phosphorus: 41.02mg (4.1%), Vitamin B2: 0.06mg (3.74%), Vitamin B3: 0.71mg (3.55%), Vitamin E: 0.46mg (3.1%), Folate: 9.24µg (2.31%), Potassium: 71.54mg (2.04%), Zinc: 0.3mg (2%), Selenium: 1.3µg (1.86%), Vitamin B6: 0.03mg (1.64%), Calcium: 15.38mg (1.54%), Vitamin B5: 0.14mg (1.38%)