



Chocolate Wafer Crust

READY IN



45 min.

SERVINGS



10

CALORIES



137 kcal

Ingredients

- 6 tablespoons butter melted
- 1.5 cups chocolate cookie crumbs

Equipment

Directions

- Mix crumbs and melted butter or margarine until well blended. Press into an 8 or 9 inch pie plate. Chill until firm.

Nutrition Facts



■ PROTEIN 2.53% ■ FAT 69.81% ■ CARBS 27.66%

Properties

Glycemic Index:11.4, Glycemic Load:6, Inflammation Score:-2, Nutrition Score:1.5430434896894%

Nutrients (% of daily need)

Calories: 137.33kcal (6.87%), Fat: 10.74g (16.53%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 9.38g (3.41%), Sugar: 3.24g (3.61%), Cholesterol: 18.06mg (6.02%), Sodium: 106.96mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Vitamin A: 222.82IU (4.46%), Vitamin E: 0.56mg (3.74%), Vitamin B1: 0.05mg (3.56%), Manganese: 0.06mg (3.21%), Folate: 12.4µg (3.1%), Vitamin B2: 0.05mg (2.94%), Iron: 0.45mg (2.49%), Vitamin B3: 0.5mg (2.48%), Vitamin K: 2.24µg (2.13%), Selenium: 1.01µg (1.45%), Phosphorus: 11.92mg (1.19%)