

Cracker Pie I

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

227 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 12 soda crackers
- ☐ 12 dates pitted chopped
- ☐ 3 egg whites
- ☐ 0.8 cup walnuts chopped
- ☐ 1 cup sugar white

Equipment

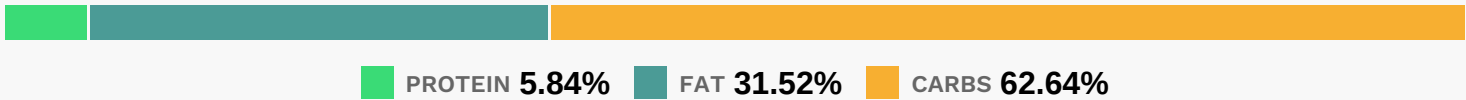
- ☐ oven

☐ pie form

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease one 9 inch pie pan.
- ☐ Crush crackers into fine crumbs and set aside.
- ☐ Beat the egg whites until stiff peaks form. Gradually beat in the white sugar. Fold in the cracker crumbs. Then gently fold in the chopped dates and chopped nuts. Stir in almond extract.
- ☐ Spread mixture into the prepared pie pan.
- ☐ Bake at 325 degrees F (165 degrees C) for 20 minutes. Turn off oven heat and let pie stand in oven for 10 minutes. When ready to serve top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:21.26, Inflammation Score:-1, Nutrition Score:4.1026086578874%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 227.03kcal (11.35%), Fat: 8.34g (12.83%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 35.6g (12.95%), Sugar: 32.4g (36%), Cholesterol: 0mg (0%), Sodium: 59.09mg (2.57%), Alcohol: 0.17g (100%), Alcohol %: 0.35% (100%), Protein: 3.48g (6.95%), Manganese: 0.43mg (21.48%), Copper: 0.21mg (10.32%), Fiber: 1.68g (6.71%), Magnesium: 24mg (6%), Phosphorus: 58.46mg (5.85%), Vitamin B2: 0.09mg (5.29%), Selenium: 3.46µg (4.94%), Vitamin B1: 0.06mg (4.22%), Folate: 16.43µg (4.11%), Potassium: 142.18mg (4.06%), Vitamin B6: 0.08mg (3.98%), Iron: 0.65mg (3.61%), Zinc: 0.4mg (2.69%), Vitamin K: 2.83µg (2.69%), Vitamin B3: 0.49mg (2.45%), Calcium: 22.87mg (2.29%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.24mg (1.59%)