



Elf Biscuits

 Dairy Free

READY IN



45 min.

SERVINGS



44

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 5.3 ounce graham crackers (1 sleeve)
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup sugar

Equipment

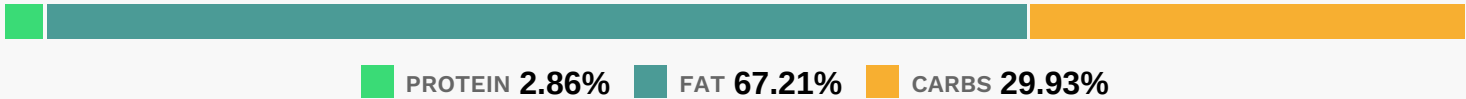
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

- ☐ knife
- ☐ wax paper

Directions

- ☐ Arrange 11 whole graham crackers on an ungreased 15- x 10-inch jellyroll pan.
- ☐ Bring butter, sugar, and pecans to a boil in a medium saucepan; boil 2 minutes.
- ☐ Pour mixture on crackers, spreading quickly to cover.
- ☐ Bake at 300 for 12 minutes.
- ☐ Remove crackers to wax paper to cool.
- ☐ Cut with a knife along perforations.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:3.45, Inflammation Score:-1, Nutrition Score:1.0143478158052%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 68.26kcal (3.41%), Fat: 5.25g (8.08%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.91g (1.78%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 59.16mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Manganese: 0.11mg (5.58%), Vitamin A: 139.79IU (2.8%), Vitamin B1: 0.02mg (1.64%), Copper: 0.03mg (1.55%), Phosphorus: 14.69mg (1.47%), Fiber: 0.35g (1.42%), Magnesium: 5.14mg (1.29%), Zinc: 0.18mg (1.19%), Iron: 0.21mg (1.14%), Vitamin E: 0.15mg (1.03%)