



Farmhouse Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons butter chilled cut into small pieces
- 4.5 ounces flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup water
- 1 tablespoon whipping cream
- 4.8 ounces flour whole wheat

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- measuring cup

Directions

- Preheat oven to 30
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, baking powder, and salt in a large bowl; stir with whisk.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse meal.
- Add 1/3 cup water and cream; stir to form a stiff dough.
- Roll dough into a 13-inch square on a baking sheet. Score dough into 16 equal squares. Pierce each cracker with a fork.
- Bake at 300 for 45 minutes or until crisp. Cool on pan.

Nutrition Facts



Properties

Glycemic Index:13.56, Glycemic Load:4.43, Inflammation Score:-2, Nutrition Score:3.4043477874897%

Nutrients (% of daily need)

Calories: 73.44kcal (3.67%), Fat: 2.05g (3.15%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.09g (4.03%), Sugar: 0.08g (0.09%), Cholesterol: 4.82mg (1.61%), Sodium: 98mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Manganese: 0.4mg (19.84%), Selenium: 7.95µg (11.36%), Vitamin B1: 0.11mg (7.01%), Folate: 18.38µg (4.6%), Fiber: 1.12g (4.46%), Vitamin B3: 0.89mg (4.45%), Phosphorus: 42.36mg (4.24%), Iron: 0.69mg (3.83%), Magnesium: 13.47mg (3.37%), Vitamin B2: 0.06mg (3.27%), Copper:

0.05mg (2.35%), Vitamin B6: 0.04mg (1.91%), Zinc: 0.28mg (1.86%), Calcium: 12.63mg (1.26%), Vitamin A: 58.27IU (1.17%), Potassium: 40.43mg (1.16%)