



Flaxseed, Fig, and Walnut Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 tablespoon brown sugar
- ☐ 1 cup figs dried chopped
- ☐ 0.3 cup flaxseeds whole
- ☐ 0.3 cup ground flaxseed (available in the vitamin section of most supermarkets)
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup soymilk
- ☐ 4 tablespoons butter unsalted at room temperature

- ☐ 0.3 cup walnuts chopped
- ☐ 1.5 cups flour whole-wheat

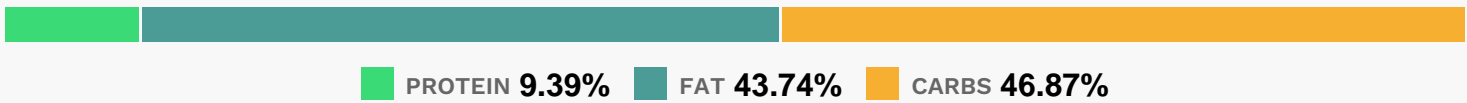
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Preheat oven to 325°F.
- ☐ In a mixing bowl, combine the whole and ground flaxseed, flour, baking powder, salt, and sugar.
- ☐ Add the butter and mix on medium speed with the paddle attachment until the mixture has the consistency of coarse crumbs.
- ☐ Fold in the walnuts, figs, and soy milk, and mix until the dough is smooth.
- ☐ Wrap the dough in plastic wrap and chill for 10 minutes.
- ☐ On a floured surface, roll out half of the dough to 1/8 inch thick or thinner.
- ☐ Cut it as if on a grid to form 2-inch squares, then transfer them to an ungreased baking sheet with a spatula. Repeat with the other half of the dough.
- ☐ Bake the crackers until golden brown, approximately 20 minutes.
- ☐ Let cool, then serve.
- ☐ Sprinkle wheat germ or ground flaxseed on their favorite cereal; fold walnuts, sunflower seeds, or pumpkin seeds into a peanut-and-M&M trail mix; cook with pumpkin oil, canola oil, or hemp oil; or use omega-3-enriched eggs, which contain more EFAs than regular ones.

Nutrition Facts



Properties

Glycemic Index:6.01, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:2.7413043703722%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

Nutrients (% of daily need)

Calories: 54.71kcal (2.74%), Fat: 2.83g (4.35%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 5.26g (1.91%), Sugar: 2.23g (2.47%), Cholesterol: 3.01mg (1%), Sodium: 22.74mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Manganese: 0.29mg (14.34%), Fiber: 1.56g (6.25%), Selenium: 3.53µg (5.05%), Magnesium: 19.33mg (4.83%), Vitamin B1: 0.07mg (4.63%), Phosphorus: 37.94mg (3.79%), Copper: 0.07mg (3.7%), Iron: 0.42mg (2.33%), Vitamin B6: 0.04mg (2.23%), Calcium: 22.06mg (2.21%), Vitamin B3: 0.43mg (2.13%), Potassium: 69.31mg (1.98%), Zinc: 0.28mg (1.85%), Folate: 6.11µg (1.53%), Vitamin B2: 0.02mg (1.28%), Vitamin E: 0.16mg (1.1%)