



Gingersnap Crust

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

CRUST

Ingredients

- 0.8 cup coconut or flaked toasted
- 18 gingersnap cookies crumbled
- 3 tablespoons butter unsalted melted

Equipment

- oven
- wire rack

Directions

- Stir together all ingredients. Press into bottom and up sides of a 9-inch pieplate.
- Bake at 350 for 8 minutes. Cool on a wire rack.

Nutrition Facts

PROTEIN 3.68% **FAT 61.41%** **CARBS 34.91%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.4939130460439%

Nutrients (% of daily need)

Calories: 155.76kcal (7.79%), Fat: 10.94g (16.84%), Saturated Fat: 7.64g (47.76%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 12.35g (4.49%), Sugar: 3.72g (4.14%), Cholesterol: 11.29mg (3.76%), Sodium: 90.94mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Manganese: 0.46mg (23.19%), Iron: 1.27mg (7.08%), Fiber: 1.65g (6.58%), Copper: 0.11mg (5.62%), Magnesium: 14.99mg (3.75%), Folate: 14.58µg (3.64%), Selenium: 2.33µg (3.33%), Vitamin B2: 0.06mg (3.29%), Phosphorus: 30.75mg (3.07%), Potassium: 99.03mg (2.83%), Vitamin B3: 0.56mg (2.8%), Vitamin A: 131.51IU (2.63%), Vitamin B1: 0.04mg (2.44%), Vitamin E: 0.31mg (2.06%), Vitamin B6: 0.04mg (1.97%), Zinc: 0.25mg (1.68%), Calcium: 15.46mg (1.55%), Vitamin B5: 0.13mg (1.29%)