



Gluten Free Macadamia Pie Crust

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



260 kcal

CRUST

Ingredients

- 2 eggs
- 6 ounces macadamia nuts
- 1.5 cups soy flour

Equipment

- food processor
- bowl
- oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the macadamia nuts into the container of a food processor, and blend until they reach a peanut butter like consistency. Scrape out into a bowl, and stir in the eggs and soy flour until well blended.
- Place the dough between two pieces of waxed paper, and roll out into about a 12 inch circle.
- Remove the top piece of waxed paper, and invert the dough into a 9 inch pie plate. Press into the bottom and up the sides.
- Remove any overhanging dough.
- Bake for 5 minutes in the preheated oven, or until light golden brown. Use in any recipe calling for a prebaked pie crust.

Nutrition Facts

PROTEIN 14.94% **FAT 70%** **CARBS 15.06%**

Properties

Glycemic Index:1.25, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:14.486086873905%

Nutrients (% of daily need)

Calories: 259.95kcal (13%), Fat: 21.49g (33.07%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 6.56g (2.39%), Sugar: 2.59g (2.87%), Cholesterol: 40.92mg (13.64%), Sodium: 19.41mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.64%), Manganese: 1.36mg (67.96%), Copper: 0.78mg (39.09%), Magnesium: 119.05mg (29.76%), Vitamin B1: 0.38mg (25.37%), Folate: 79.96µg (19.99%), Vitamin B2: 0.33mg (19.31%), Potassium: 621.57mg (17.76%), Phosphorus: 165.49mg (16.55%), Fiber: 3.84g (15.38%), Vitamin K: 14.73µg (14.03%), Iron: 2.31mg (12.86%), Vitamin B6: 0.17mg (8.7%), Zinc: 1.24mg (8.28%), Selenium: 5.72µg (8.17%), Vitamin B3: 1.44mg (7.21%), Calcium: 67.49mg (6.75%), Vitamin B5: 0.66mg (6.64%), Vitamin E: 0.64mg (4.27%), Vitamin A: 84.6IU (1.69%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)