



## Gluten-Free Tuesday: Chocolate Graham Crackers



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



216 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups brown rice flour
- ☐ 5 tablespoons butter cold
- ☐ 0.3 cup cocoa powder
- ☐ 3 tablespoons plus light
- ☐ 0.3 cup t brown sugar dark
- ☐ 12 servings granulated sugar (for sprinkling)

- ☐ 6 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tapioca flour

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Preheat oven to 350°F. In bowl of a food processor, combine brown rice flour, dark brown sugar, tapioca starch, cocoa powder, baking powder, and salt. Pulse to combine.
- ☐ Add butter. Pulse until no large pieces of butter remain.
- ☐ Add milk and corn syrup (or honey). Pulse until dough forms.
- ☐ Turn dough out onto a lightly rice floured piece of 12 x16 parchment paper. Pat dough into rectangle. Dust top of dough lightly with rice flour.
- ☐ Place another piece of 12x16 parchment paper on top of dough.
- ☐ Roll dough out until it covers all of the paper. Dough rectangle will be about 1/8 inch thick.
- ☐ Using pizza wheel, score dough into rectangles. (The rectangles should be 6 x 2 3/4 inches large for standard graham crackers and 3 x 2 3/4 for a “s’more” size graham cracker.) Prick dough all over with fork. Chill dough for 15 minutes.
- ☐ Sprinkle granulated sugar lightly over top of dough.
- ☐ Bake until crackers are set, about 15 minutes.
- ☐ Remove graham crackers from pan and place on wire rack to cool. (I slide the parchment, with the crackers, directly onto the cooling rack.)

## Nutrition Facts



 PROTEIN **3.71%**  FAT **23.32%**  CARBS **72.97%**

Properties

Glycemic Index:22.42, Glycemic Load:9.4, Inflammation Score:-2, Nutrition Score:5.429130460905%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 215.59kcal (10.78%), Fat: 5.81g (8.95%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 39.36g (14.31%), Sugar: 22.69g (25.21%), Cholesterol: 13.44mg (4.48%), Sodium: 179.78mg (7.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.08g (4.16%), Manganese: 0.87mg (43.31%), Phosphorus: 96.56mg (9.66%), Magnesium: 32.77mg (8.19%), Vitamin B6: 0.15mg (7.74%), Vitamin B3: 1.31mg (6.54%), Vitamin B1: 0.1mg (6.44%), Fiber: 1.57g (6.29%), Copper: 0.12mg (5.86%), Zinc: 0.67mg (4.46%), Iron: 0.76mg (4.21%), Calcium: 40.64mg (4.06%), Vitamin B5: 0.36mg (3.61%), Vitamin A: 157.93IU (3.16%), Potassium: 105.97mg (3.03%), Vitamin E: 0.38mg (2.52%), Vitamin B2: 0.03mg (2.04%)