



Graham Cracker Crust

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

CRUST

Ingredients

- 1 egg white
- 1.3 cups graham cracker crumbs
- 1 teaspoon ground cinnamon
- 1 tablespoon butter chilled
- 2 tablespoons sugar

Equipment

- bowl
- oven

wire rack

blender

Directions

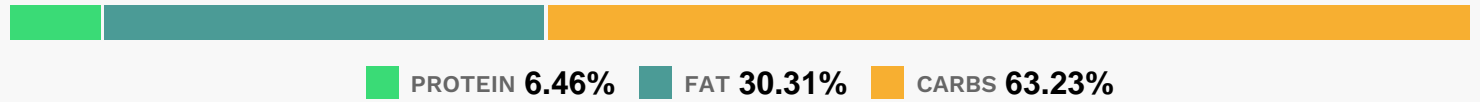
Preheat oven to 32

Combine first 3 ingredients in a bowl; beat at medium speed of a mixer until blended.

Add crumbs and cinnamon; toss with a fork until moistened. Press crumb mixture into a 9-inch pie plate coated with cooking spray.

Bake at 325 for 20 minutes or until lightly browned; let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:9.17, Inflammation Score:-1, Nutrition Score:1.28999999995918%

Nutrients (% of daily need)

Calories: 83.06kcal (4.15%), Fat: 2.82g (4.34%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 12.66g (4.6%), Sugar: 6.04g (6.72%), Cholesterol: 0mg (0%), Sodium: 110.2mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Iron: 0.57mg (3.15%), Vitamin B2: 0.05mg (2.9%), Phosphorus: 27.66mg (2.77%), Vitamin B3: 0.5mg (2.52%), Fiber: 0.58g (2.32%), Manganese: 0.04mg (2.21%), Magnesium: 8.36mg (2.09%), Vitamin B1: 0.03mg (2.02%), Zinc: 0.26mg (1.74%), Folate: 6.22µg (1.56%), Calcium: 13.72mg (1.37%), Vitamin A: 66.85IU (1.34%), Selenium: 0.78µg (1.11%)