



Graham Cracker Crust



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



5 kcal

CRUST

Ingredients

- ☐ 0.5 tsp cinnamon
- ☐ 6 tbsp apple sauce unsweetened

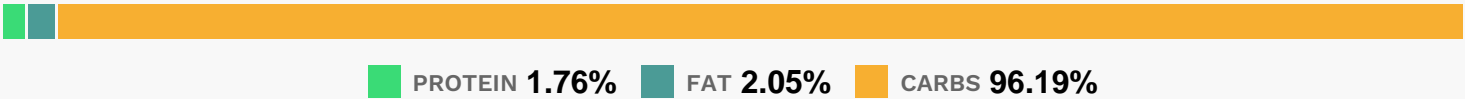
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐
- Preheat oven to 350F. Grease a 9" shallow pie dish and set aside.
- ☐
- Place graham crackers into food processor and pulse until they resemble a bread crumbs or heavy sand consistency.
- ☐
- Transfer mixture to a large bowl and whisk in cinnamon.
- ☐
- Add applesauce and stir until large chunks of graham crackers form.
- ☐
- Add more applesauce if necessary but be careful the mixture doesn't become too wet or soggy. Continue to stir until everything is evenly wet. Press mixture into the pie dish to form a crust along the base edges.
- ☐
- Bake for 8 minutes, until just crisp and begining to brown.
- ☐
- Transfer to a cooling wrack and allow to completely cool before using.
- ☐
- Nutritional Information
- ☐
- Amount Per Serving
- ☐
- Calories
- ☐
- Fat
- ☐
- 70g
- ☐
- Carbohydrate
- ☐
- gDietary Fiber2.10gSugars1.80gProtein6.90g

Nutrition Facts



Properties

Glycemic Index:0.56, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.18521739153758%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 4.56kcal (0.23%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.94g (1.05%), Cholesterol: 0mg (0%), Sodium: 0.21mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Manganese: 0.03mg (1.39%)