

Graham Cracker Crust I



Vegetarian



Popular

READY IN



17 min.

SERVINGS



10

CALORIES



140 kcal

CRUST

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 1.5 cups ground graham cracker crumbs finely
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup sugar white

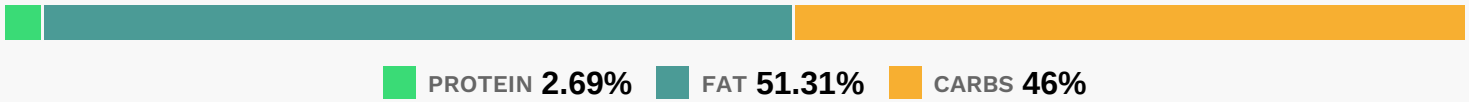
Equipment

- ☐ oven

Directions

- ☐ Mix graham cracker crumbs, sugar, melted butter or margarine, and cinnamon until well blended . Press mixture into an 8 or 9 inch pie plate.
- ☐ Bake at 375 degrees F (190 degrees C) for 7 minutes. Cool. If recipe calls for unbaked pie shell, just chill for about 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.91, Glycemic Load:11.45, Inflammation Score:-1, Nutrition Score:1.2847825965804%

Nutrients (% of daily need)

Calories: 139.57kcal (6.98%), Fat: 8.1g (12.45%), Saturated Fat: 4.51g (28.22%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 15.85g (5.76%), Sugar: 9.56g (10.62%), Cholesterol: 18.06mg (6.02%), Sodium: 137.12mg (5.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin A: 210.21IU (4.2%), Iron: 0.53mg (2.97%), Phosphorus: 27.53mg (2.75%), Vitamin B3: 0.48mg (2.41%), Vitamin B2: 0.03mg (2.02%), Vitamin B1: 0.03mg (1.94%), Fiber: 0.48g (1.93%), Magnesium: 7.66mg (1.92%), Zinc: 0.25mg (1.7%), Folate: 6.05µg (1.51%), Vitamin E: 0.2mg (1.31%), Calcium: 13.04mg (1.3%)