



Graham Cracker Pie Crust

 Vegetarian

READY IN



70 min.

SERVINGS



1

CALORIES



1123 kcal

CRUST

Ingredients

- 6 ounces graham crackers whole
- 4 tablespoons butter unsalted melted ()

Equipment



- food processor
- bowl
- oven
- wire rack
- ziploc bags

rolling pin

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Break the crackers into rough 2-inch pieces and place in a food processor fitted with a blade attachment. Process into fine crumbs (you should have about 2 cups), about 30 seconds. Stop the motor, add the melted butter, and pulse to combine, about 5 (1-second) pulses. (Alternatively, place the crackers in a resealable plastic bag, press out the air, and seal. Using a rolling pin, smash into uniform fine crumbs.
- Transfer to a medium bowl, add the melted butter, and mix until evenly combined.)
- Pour the crumb mixture into a 9-inch or 9-1/2-inch deep-dish pie plate and, using the bottom of a cup or your fingers, press firmly and evenly into the bottom and up the sides.
- Bake until fragrant and slightly darkened in color, about 8 minutes.
- Remove the pie plate to a wire rack and let cool completely before filling, about 45 minutes.

Nutrition Facts

  
 **PROTEIN 4.38%**  **FAT 49.73%**  **CARBS 45.89%**

Properties

Glycemic Index:74, Glycemic Load:91.63, Inflammation Score:-8, Nutrition Score:14.500434799687%

Nutrients (% of daily need)

Calories: 1122.73kcal (56.14%), Fat: 62.43g (96.05%), Saturated Fat: 31.42g (196.37%), Carbohydrates: 129.65g (43.22%), Net Carbohydrates: 123.86g (45.04%), Sugar: 39.16g (43.51%), Cholesterol: 120.4mg (40.13%), Sodium: 1127.1mg (49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.73%), Iron: 7.04mg (39.09%), Phosphorus: 357.04mg (35.7%), Vitamin B3: 6.45mg (32.27%), Vitamin A: 1399.44IU (27.99%), Vitamin B1: 0.39mg (26.04%), Magnesium: 101.48mg (25.37%), Vitamin B2: 0.43mg (25.13%), Fiber: 5.78g (23.13%), Zinc: 3.35mg (22.34%), Folate: 79.92µg (19.98%), Calcium: 147.82mg (14.78%), Potassium: 314.51mg (8.99%), Vitamin E: 1.3mg (8.66%), Vitamin B6: 0.17mg (8.59%), Vitamin D: 0.84µg (5.6%), Vitamin K: 3.92µg (3.73%), Copper: 0.06mg (3%), Vitamin B12: 0.1µg (1.59%)