



Graham Cracker Piecrust

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

CRUST

Ingredients

- ☐ 1 large egg white
- ☐ 36 graham crackers (9 full cracker sheets)
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon stick margarine chilled cut into small pieces
- ☐ 0.3 cup sugar

Equipment

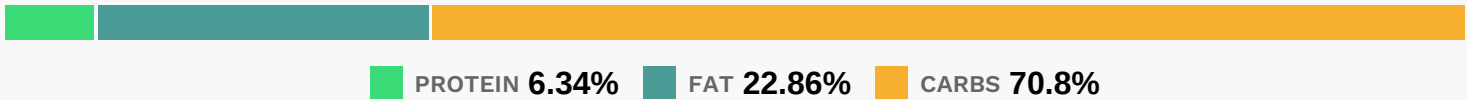
- ☐ food processor
- ☐ oven

☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Place crackers in a food processor, and process until finely ground.
- ☐ Add sugar, butter, and cinnamon; pulse 6 times or until mixture resembles coarse meal.
- ☐ Add egg white; pulse 10 times or just until blended (do not allow mixture to form a ball). Firmly press mixture into bottom of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 7 minutes; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:38.31, Inflammation Score:-2, Nutrition Score:4.8534782789648%

Nutrients (% of daily need)

Calories: 307.23kcal (15.36%), Fat: 7.82g (12.03%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 54.48g (18.16%), Net Carbohydrates: 52.2g (18.98%), Sugar: 20.76g (23.07%), Cholesterol: 0mg (0%), Sodium: 439.53mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Iron: 2.63mg (14.61%), Phosphorus: 128.46mg (12.85%), Vitamin B3: 2.39mg (11.95%), Vitamin B2: 0.17mg (10.08%), Vitamin B1: 0.14mg (9.6%), Magnesium: 37.83mg (9.46%), Fiber: 2.27g (9.1%), Zinc: 1.23mg (8.19%), Folate: 29.18µg (7.29%), Calcium: 53.18mg (5.32%), Potassium: 120.21mg (3.43%), Vitamin B6: 0.06mg (3.19%), Manganese: 0.04mg (2.22%), Vitamin A: 66.85IU (1.34%), Selenium: 0.87µg (1.24%), Copper: 0.02mg (1.06%)