



Graham Crackers

READY IN



45 min.

SERVINGS



48

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups flour whole wheat

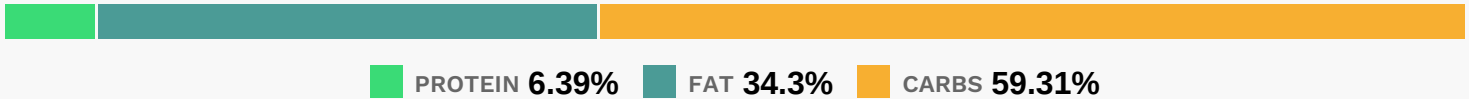
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a medium bowl, cream together the shortening and brown sugar. Stir in the vanilla.
- ☐ Combine the whole wheat flour, all purpose flour, baking powder, baking soda and salt, stir into the creamed mixture alternately with the milk. Cover and chill dough until firm.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. On a lightly floured surface, roll the dough out to 1/8 inch thickness.
- ☐ Cut into rectangles.
- ☐ Place 1/2 inch apart onto the prepared cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven, or until crisp. Edges will be golden brown.
- ☐ Remove from baking sheet to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:1.8482608822701%

Nutrients (% of daily need)

Calories: 59.47kcal (2.97%), Fat: 2.33g (3.58%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.45g (3.07%), Sugar: 3.43g (3.82%), Cholesterol: 0.15mg (0.05%), Sodium: 34.04mg (1.48%), Alcohol: 0.03g (100%), Alcohol %: 0.25% (100%), Protein: 0.98g (1.95%), Manganese: 0.22mg (11.18%), Selenium: 4.04µg (5.77%), Vitamin B1: 0.05mg (3.11%), Fiber: 0.61g (2.42%), Phosphorus: 23.91mg (2.39%), Vitamin B3: 0.41mg (2.04%), Magnesium: 7.92mg (1.98%), Iron: 0.34mg (1.87%), Folate: 7µg (1.75%), Vitamin B2: 0.02mg (1.35%), Copper: 0.03mg (1.3%), Vitamin B6: 0.02mg (1.19%), Vitamin K: 1.24µg (1.18%), Calcium: 11.44mg (1.14%), Vitamin E: 0.17mg (1.12%), Zinc: 0.15mg (1.03%)