

## Healthier Graham Cracker Crust

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



83 kcal

CRUST

### Ingredients

- 2 tablespoons brown sugar
- 1.5 cups graham cracker crumbs
- 3 tablespoons yogurt plain
- 2 teaspoons cocoa powder unsweetened

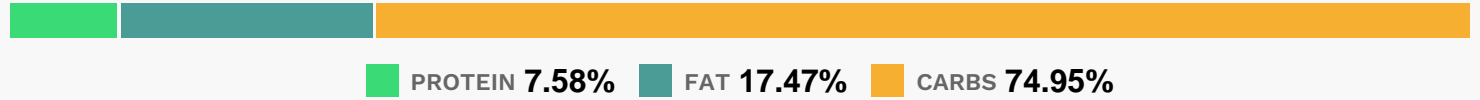
### Equipment

- bowl
- oven
- pie form

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together graham cracker crumbs, cocoa powder, yogurt, and brown sugar. Press mixture firmly into a 9 inch pie pan.
- Bake in preheated oven for 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:8.48, Inflammation Score:-1, Nutrition Score:1.5982608736047%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 82.95kcal (4.15%), Fat: 1.62g (2.5%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 15.04g (5.47%), Sugar: 7.11g (7.9%), Cholesterol: 0.15mg (0.05%), Sodium: 110.46mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Phosphorus: 45.54mg (4.55%), Iron: 0.71mg (3.96%), Vitamin B2: 0.06mg (3.29%), Vitamin B3: 0.61mg (3.07%), Magnesium: 12.23mg (3.06%), Calcium: 30.18mg (3.02%), Vitamin B1: 0.04mg (2.65%), Zinc: 0.4mg (2.64%), Fiber: 0.63g (2.51%), Folate: 8.26µg (2.06%), Potassium: 54.79mg (1.57%), Vitamin B6: 0.02mg (1.06%)