



Homemade Graham Crackers

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



2463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup butter at room temperature
- 0.5 teaspoon cinnamon
- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar
- 1 tablespoon honey
- 0.3 cup brown sugar light packed
- 0.3 teaspoon salt

0.3 cup flour whole-wheat

Equipment

bowl

baking sheet

baking paper

oven

blender

Directions

Beat butter, sugars, and honey in a large bowl with a mixer until smooth. In another bowl, mix dry ingredients.

Add to butter mixture and beat until blended.

Divide dough in half and roll each half between 2 sheets of parchment paper into an even 10-by 12-in. rectangle. Slide each set onto a baking sheet and freeze until firm, about 10 minutes. Preheat oven to 30

Pull off top parchment.

Cut dough on pans into 2 1/2- by 4-in. rectangles.

Bake until deep golden brown, 13 to 18 minutes; swap pans halfway through.

Cut crackers again on lines.

Let crackers cool on pans 2 to 3 minutes. Separate pieces and transfer to cooling racks.

Make ahead: Up to 1 week, airtight; or freeze up to 2 months.

Nutrition Facts



PROTEIN 3.67% **FAT 50.45%** **CARBS 45.88%**

Properties

Glycemic Index:252.36, Glycemic Load:130.26, Inflammation Score:-10, Nutrition Score:37.289130518618%

Nutrients (% of daily need)

Calories: 2462.92kcal (123.15%), Fat: 140.78g (216.58%), Saturated Fat: 87.93g (549.54%), Carbohydrates: 287.97g (95.99%), Net Carbohydrates: 278.9g (101.42%), Sugar: 138.98g (154.43%), Cholesterol: 366.04mg (122.01%), Sodium: 2249.18mg (97.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.13%), Manganese: 2.93mg (146.72%), Selenium: 80.78µg (115.39%), Vitamin B1: 1.44mg (95.74%), Vitamin A: 4261.1IU (85.22%), Folate: 309.86µg (77.46%), Vitamin B3: 11.4mg (56.99%), Vitamin B2: 0.91mg (53.74%), Iron: 9.45mg (52.48%), Fiber: 9.07g (36.29%), Phosphorus: 356.82mg (35.68%), Vitamin E: 4.35mg (29.01%), Magnesium: 100.21mg (25.05%), Copper: 0.44mg (21.92%), Zinc: 2.38mg (15.87%), Calcium: 150.9mg (15.09%), Vitamin B6: 0.27mg (13.67%), Potassium: 467.13mg (13.35%), Vitamin K: 13.46µg (12.82%), Vitamin B5: 1.23mg (12.28%), Vitamin B12: 0.29µg (4.82%)