

Honey Graham Crackers

READY IN



510 min.

SERVINGS



24

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup honey
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup milk
- ☐ 1 cup unbleached flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups flour whole wheat

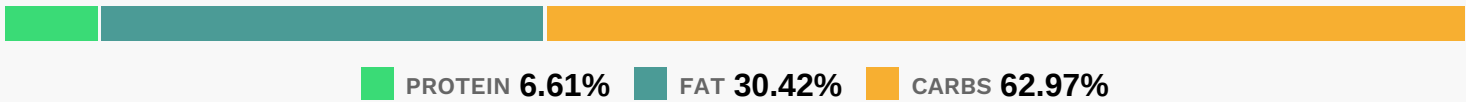
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Sift together the whole wheat flour, all-purpose flour, baking powder and baking soda; set aside.
- ☐ In a medium bowl, cream together the margarine, brown sugar and honey until light and fluffy. Stir in the sifted ingredients alternating with the milk and vanilla. Cover dough and refrigerate overnight.
- ☐ Preheat the oven to 350 degrees F (175 degrees C). Divide the chilled dough iinto quarters. On a well floured surface, roll the dough out one quarter at a time iinto a 5x15 inch rectangle. Divide into rectangles using a knife.
- ☐ Place rectangles ointo ungreased cookie sheets. Mark a line down the center of each one, and prick with a fork. For a cinnamon flavored cracker, sprinkle with a cinnamon sugar mixture before baking.
- ☐ Bake for 13 to 15 minutes in the preheated oven.
- ☐ Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:5.03, Inflammation Score:-2, Nutrition Score:3.8230434523328%

Nutrients (% of daily need)

Calories: 122.31kcal (6.12%), Fat: 4.27g (6.57%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 18.67g (6.79%), Sugar: 8.63g (9.59%), Cholesterol: 0.61mg (0.2%), Sodium: 88.79mg (3.86%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 2.09g (4.18%), Manganese: 0.45mg (22.48%), Selenium:

8.14µg (11.62%), Vitamin B1: 0.09mg (6.29%), Phosphorus: 51.58mg (5.16%), Fiber: 1.22g (4.88%), Vitamin B3: 0.82mg (4.11%), Magnesium: 16.17mg (4.04%), Iron: 0.67mg (3.74%), Vitamin A: 178.3IU (3.57%), Folate: 14.12µg (3.53%), Vitamin B2: 0.05mg (3.11%), Copper: 0.05mg (2.63%), Calcium: 25.75mg (2.58%), Vitamin B6: 0.05mg (2.48%), Zinc: 0.33mg (2.19%), Potassium: 60.31mg (1.72%), Vitamin E: 0.22mg (1.49%), Vitamin B5: 0.12mg (1.15%)