



Macadamia Crust

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

CRUST

Ingredients

- ☐ 6 tablespoons firmly brown sugar packed
- ☐ 0.1 lb butter cut into chunks
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup roasted macadamias unsalted (see notes)

Equipment

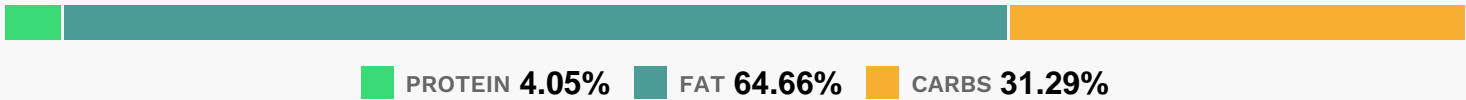
- ☐ food processor
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ knife

Directions

- ☐ In a food processor, whirl macadamias until finely chopped.
- ☐ Pour into a bowl. In food processor, whirl flour, sugar, and butter until fine crumbs form.
- ☐ Add macadamias and whirl just until dough sticks together. (Or mince nuts with a sharp knife and put in a bowl with flour, sugar, and butter; rub with your fingers until mixture sticks together, then pat into a ball.)
- ☐ Press mixture evenly over bottom and about 1 1/4 inches up sides of a 9-inch cheesecake pan with a removable rim.
- ☐ Bake crust in a 350 oven until golden brown, 12 to 18 minutes. Set on a rack and cool at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:4.37, Inflammation Score:-2, Nutrition Score:3.8656522147357%

Nutrients (% of daily need)

Calories: 165.39kcal (8.27%), Fat: 12.34g (18.99%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 12.26g (4.46%), Sugar: 6.35g (7.06%), Cholesterol: 0mg (0%), Sodium: 46.95mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Manganese: 0.52mg (25.92%), Vitamin B1: 0.2mg (13.02%), Copper: 0.1mg (4.92%), Fiber: 1.17g (4.69%), Iron: 0.82mg (4.54%), Selenium: 3.12µg (4.46%), Magnesium: 16.92mg (4.23%), Folate: 15.63µg (3.91%), Vitamin B3: 0.75mg (3.73%), Vitamin B2: 0.06mg (3.44%), Vitamin A: 169.01IU (3.38%), Phosphorus: 30.76mg (3.08%), Vitamin B6: 0.04mg (1.85%), Calcium: 17.06mg (1.71%), Potassium: 59.42mg (1.7%), Vitamin E: 0.21mg (1.41%), Zinc: 0.2mg (1.34%), Vitamin B5: 0.13mg (1.31%)