



Maple Walnut Graham Crackers

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup t brown sugar dark packed
- ☐ 7 tablespoons butter unsalted frozen for 10 minutes cut into cubes and
- ☐ 2 cups flour all-purpose
- ☐ 0.8 kosher salt
- ☐ 1 teaspoon maple extract
- ☐ 0.3 cup maple syrup
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup walnuts finely
- ☐ 5 tablespoons milk whole

Equipment

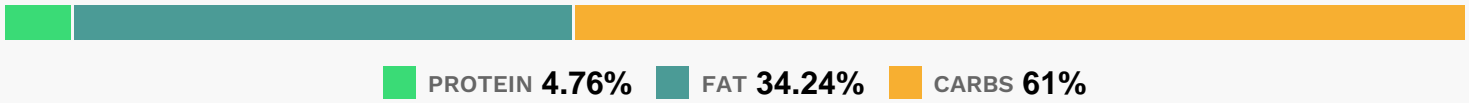
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Combine flour, ground walnuts, brown sugar, baking soda, and salt in food processor and pulse to blend.
- ☐ Add butter and pulse until mixture resembles wet sand.
- ☐ Combine maple syrup, milk, vanilla extract, and maple extract (if using) in small bowl.
- ☐ Add to flour mixture and pulse just until dough comes together. It will be very soft and sticky. Scoop dough onto a large sheet of plastic wrap. Do your best to shape it into a 1-inch thick rectangle. Wrap the dough in plastic and chill in the refrigerator for two hours or overnight.
- ☐ Line two baking sheets with parchment paper. Generously flour work surface and rolling pin. Divide dough in half and return half to refrigerator.
- ☐ Roll dough out into a long, thin rectangle. It will be very soft and sticky; flour as necessary. Trim edges of dough and cut into 4x2-inch rectangles.
- ☐ Transfer to baking sheet. Reroll scraps and cut more rectangles. You should have a total of 12 to 1
- ☐ Use tines of fork to poke 5 rows of holes down the center of each cracker. Crimp the edges.
- ☐ Sprinkle with granulated sugar (if using). Repeat with the second half of dough.
- ☐ Transfer baking sheets to refrigerator and chill for 30 minutes. Preheat oven to 350°F.

Bake crackers until lightly browned around edges and slightly firm to the touch, about 15 minutes, rotating baking sheets halfway through. Cool graham crackers completely on rack, then transfer to airtight container. They will keep for about one week.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:6.94, Inflammation Score:-2, Nutrition Score:2.8152174019943%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 132.4kcal (6.62%), Fat: 5.1g (7.85%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 20.01g (7.28%), Sugar: 11.84g (13.15%), Cholesterol: 9.15mg (3.05%), Sodium: 50.48mg (2.19%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 1.59g (3.19%), Manganese: 0.26mg (13.18%), Vitamin B2: 0.12mg (6.93%), Vitamin B1: 0.09mg (6.33%), Selenium: 3.86µg (5.52%), Folate: 21.67µg (5.42%), Iron: 0.63mg (3.47%), Vitamin B3: 0.66mg (3.31%), Copper: 0.06mg (2.94%), Phosphorus: 24.2mg (2.42%), Vitamin A: 107.59IU (2.15%), Calcium: 21.28mg (2.13%), Magnesium: 8.38mg (2.1%), Fiber: 0.44g (1.78%), Potassium: 50.06mg (1.43%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.02mg (1.18%)