



Peanut-Graham Crust

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

CRUST

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 cup dry-roasted peanuts finely chopped
- ☐ 2 cups graham cracker crumbs
- ☐ 0.5 cup sugar

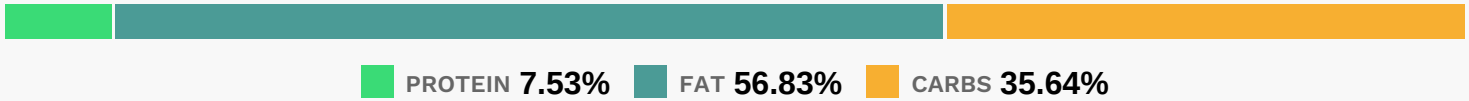
Equipment

- ☐ oven
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Stir together all ingredients; press onto bottom and 1 inch up sides of a 9-inch springform pan.
- ☐ Bake at 375 for 10 to 12 minutes. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:20.04, Inflammation Score:-5, Nutrition Score:6.0904347902245%

Nutrients (% of daily need)

Calories: 344.84kcal (17.24%), Fat: 22.51g (34.63%), Saturated Fat: 4.08g (25.47%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 29.43g (10.7%), Sugar: 17.31g (19.23%), Cholesterol: 0mg (0%), Sodium: 351.33mg (15.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.41%), Manganese: 0.43mg (21.51%), Vitamin B3: 3.52mg (17.61%), Phosphorus: 116.31mg (11.63%), Magnesium: 43.48mg (10.87%), Vitamin A: 507.49IU (10.15%), Fiber: 2.34g (9.35%), Folate: 32.8µg (8.2%), Iron: 1.29mg (7.16%), Vitamin B1: 0.11mg (7.14%), Copper: 0.13mg (6.39%), Potassium: 185mg (5.29%), Zinc: 0.77mg (5.16%), Vitamin B2: 0.07mg (4.33%), Calcium: 39.22mg (3.92%), Vitamin B6: 0.07mg (3.45%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.27mg (2.66%), Selenium: 1.44µg (2.06%)