



Pretzel Crust

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

CRUST

Ingredients

- 0.3 cup firmly brown sugar light packed
- 0.8 cup butter melted
- 2 cups pretzel sticks crushed finely

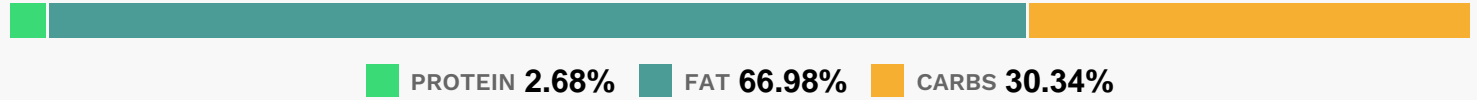
Equipment

- oven
- wire rack

Directions

- Stir together all ingredients; firmly press crumb mixture on bottom, up sides, and onto lip of a lightly greased 9-inch pieplate.
- Bake at 350 for 10 to 12 minutes or until lightly browned.
- Remove to a wire rack, and cool crust 1 hour or until completely cool before filling.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:8.95, Inflammation Score:-4, Nutrition Score:2.5486956782963%

Nutrients (% of daily need)

Calories: 232.47kcal (11.62%), Fat: 17.67g (27.18%), Saturated Fat: 10.99g (68.71%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 17.54g (6.38%), Sugar: 6.99g (7.77%), Cholesterol: 45.75mg (15.25%), Sodium: 312.36mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin A: 531.82IU (10.64%), Manganese: 0.14mg (6.75%), Folate: 26.05µg (6.51%), Vitamin B1: 0.06mg (4.03%), Iron: 0.69mg (3.86%), Vitamin B3: 0.75mg (3.77%), Vitamin E: 0.56mg (3.73%), Vitamin B2: 0.05mg (3.16%), Phosphorus: 23.3mg (2.33%), Fiber: 0.48g (1.9%), Vitamin K: 1.88µg (1.79%), Calcium: 14.59mg (1.46%), Selenium: 0.91µg (1.3%), Potassium: 45.47mg (1.3%), Magnesium: 5.1mg (1.28%), Copper: 0.03mg (1.25%), Zinc: 0.17mg (1.11%)