



Rice, Oat, and Almond Crust



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

Ingredients

- 10 almonds
- 1 cup brown rice flour
- 0.7 cup ice water
- 1 cup rolled oats
- 0.3 teaspoon salt
- 2 tablespoons sesame oil
- 1 tablespoon sucanat

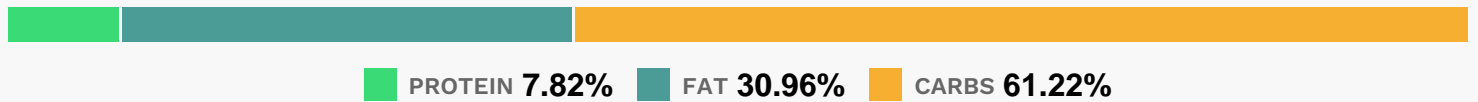
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Blend oats and almonds in dry blender to flour consistency.
- Combine dry ingredients in bowl; add oil and stir; add water and mix to soft dough.
- Press mixture into lightly oiled or sprayed pan, pressing from center outward; crimp edges with fork or dampened fingertips.
- Pre-bake for 10–15 minutes at 350 degrees F (175 degrees C) and cool before adding filling.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:2.35, Inflammation Score:-2, Nutrition Score:6.5739130973816%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 154.27kcal (7.71%), Fat: 5.33g (8.21%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 21.64g (7.87%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 75.9mg (3.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 1.19mg (59.5%), Phosphorus: 114.14mg (11.41%), Magnesium: 39.71mg (9.93%), Vitamin B1: 0.14mg (9.11%), Fiber: 2.09g (8.35%), Vitamin B6: 0.16mg (7.86%), Vitamin B3: 1.41mg (7.05%), Zinc: 0.89mg (5.96%), Copper: 0.1mg (5.06%), Iron: 0.87mg (4.86%), Vitamin B5: 0.43mg (4.34%), Vitamin E: 0.65mg (4.32%), Selenium: 2.98µg (4.26%), Potassium: 103.38mg (2.95%), Vitamin B2: 0.05mg (2.69%), Folate: 6.95µg (1.74%), Calcium: 11.62mg (1.16%)