



Ritz Cracker Pie

READY IN



45 min.

SERVINGS



6

CALORIES



558 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 servings mrs richardson's butterscotch caramel sauce
- ☐ 1 cup ritz cracker crumbs (35 crackers)
- ☐ 3 large egg whites
- ☐ 0.5 cup glazed pecans toasted chopped (like B. Lloyd's)
- ☐ 2 tablespoons granulated sugar
- ☐ 0.7 cup semi-sweet chocolate chips
- ☐ 0.8 cup sugar or
- ☐ 1 teaspoon vanilla

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

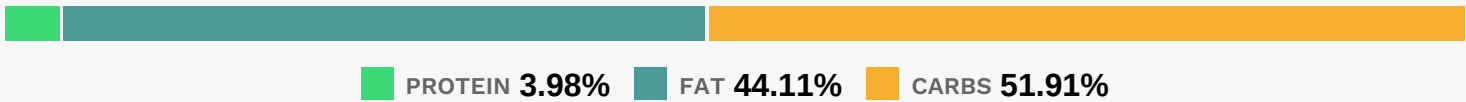
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. and butter a 9 inch glass pie plate.Beat egg whites and vanilla to soft peaks.
- ☐ Combine baking powder and sugar and gradually add to egg whites, continually beating until peaks are stiff. Fold in chocolate chips, cracker crumbs and pecans.
- ☐ Spread this mixture across bottom of pie plate and bake for 25 minutes.
- ☐ Let cool completely.Whip cream until soft peaks form.
- ☐ Add sugar and vanilla and beat to stiff peaks.
- ☐ Spread over cooled pie. Chill until ready to serve.
- ☐ Garnish with caramel sauce or more nuts

Nutrition Facts



Properties

Glycemic Index:38.7, Glycemic Load:20.41, Inflammation Score:-5, Nutrition Score:7.1995652084765%

Nutrients (% of daily need)

Calories: 557.5kcal (27.88%), Fat: 27.88g (42.89%), Saturated Fat: 14.29g (89.28%), Carbohydrates: 73.83g (24.61%), Net Carbohydrates: 71.71g (26.08%), Sugar: 64.47g (71.63%), Cholesterol: 45.99mg (15.33%), Sodium: 372.4mg (16.19%), Alcohol: 0.46g (100%), Alcohol %: 0.35% (100%), Caffeine: 16.72mg (5.57%), Protein: 5.66g (11.31%), Manganese: 0.34mg (16.91%), Phosphorus: 133.62mg (13.36%), Copper: 0.27mg (13.31%), Vitamin A: 628.82IU (12.58%), Calcium: 120.53mg (12.05%), Vitamin B2: 0.19mg (11.17%), Iron: 1.94mg (10.76%), Magnesium: 43.05mg (10.76%), Selenium: 7.28µg (10.4%), Fiber: 2.12g (8.48%), Vitamin K: 7.67µg (7.3%), Potassium: 215.82mg (6.17%), Vitamin E: 0.85mg (5.66%), Zinc: 0.68mg (4.54%), Vitamin D: 0.63µg (4.23%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.7mg (3.5%), Vitamin B12: 0.19µg (3.09%), Vitamin B5: 0.29mg (2.91%), Folate: 10.25µg (2.56%), Vitamin B6: 0.03mg (1.38%)