



## Soda Cracker Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 20 soda crackers crushed finely
- 3 egg whites
- 1 cup pecans chopped
- 2 teaspoons vanilla extract
- 1 cup sugar white

### Equipment

- bowl

- oven
- pie form

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a medium bowl, beat egg whites until stiff. Fold in sugar, baking powder, crackers, vanilla and pecans. Spoon mixture into a greased 9 inch pie pan.
- Bake for 25 to 30 minutes in the preheated oven. Cool and serve or fill with the fresh fruit of your choice.

## Nutrition Facts



## Properties

Glycemic Index:21.51, Glycemic Load:17.57, Inflammation Score:-1, Nutrition Score:4.6926086836535%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

## Nutrients (% of daily need)

Calories: 236.16kcal (11.81%), Fat: 11.65g (17.92%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 30.35g (11.04%), Sugar: 26.31g (29.23%), Cholesterol: 0mg (0%), Sodium: 111.67mg (4.85%), Alcohol: 0.34g (100%), Alcohol %: 0.74% (100%), Protein: 3.02g (6.04%), Manganese: 0.66mg (32.91%), Copper: 0.18mg (8.89%), Vitamin B1: 0.12mg (8.24%), Phosphorus: 65.44mg (6.54%), Fiber: 1.48g (5.92%), Vitamin B2: 0.09mg (5.45%), Magnesium: 19.34mg (4.83%), Selenium: 3.26µg (4.66%), Zinc: 0.67mg (4.47%), Iron: 0.73mg (4.06%), Vitamin K: 4.23µg (4.03%), Calcium: 36.92mg (3.69%), Vitamin E: 0.45mg (3.02%), Vitamin B3: 0.54mg (2.71%), Potassium: 85.15mg (2.43%), Folate: 8.85µg (2.21%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.17mg (1.67%)