

Vanilla Wafer Crust for Pies

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



166 kcal

CRUST

Ingredients

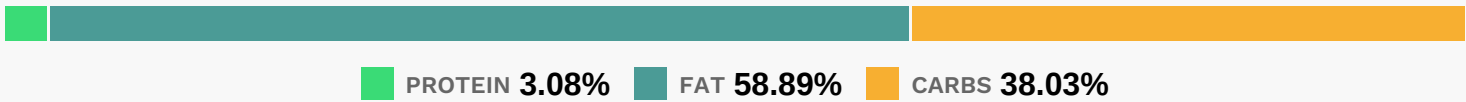
- ☐ 0.3 cup butter melted
- ☐ 2 Tbsp sugar
- ☐ 1.3 cups vanilla wafers crushed finely
- ☐ 0.3 cup planters walnuts finely chopped

Equipment

Directions

- ☐ Combine ingredients.
- ☐ Press onto bottom and up side of 9-inch pie plate.
- ☐ Fill with your favorite chilled or frozen pie filling.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:11.63, Inflammation Score:-2, Nutrition Score:1.8213043666404%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 165.87kcal (8.29%), Fat: 11.09g (17.07%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 15.63g (5.68%), Sugar: 8.52g (9.47%), Cholesterol: 0.17mg (0.06%), Sodium: 136.09mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Manganese: 0.12mg (6.25%), Vitamin B1: 0.09mg (5.69%), Vitamin A: 254.47IU (5.09%), Folate: 18.78µg (4.69%), Copper: 0.06mg (2.92%), Vitamin B2: 0.05mg (2.84%), Vitamin B3: 0.49mg (2.45%), Phosphorus: 21.5mg (2.15%), Fiber: 0.49g (1.94%), Vitamin E: 0.25mg (1.64%), Magnesium: 5.99mg (1.5%), Vitamin B6: 0.02mg (1.01%)