



Walnut Pie

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



101 kcal

DESSERT

Ingredients

- 0.8 cup plus light
- 3 eggs
- 6 Tbsp butter divided
- 0.8 cup sugar
- 1 tsp vanilla
- 1.5 cups planters walnuts finely chopped
- 9.5 oz woven wheat crackers
- 0.5 cup cool whip whipped topping thawed

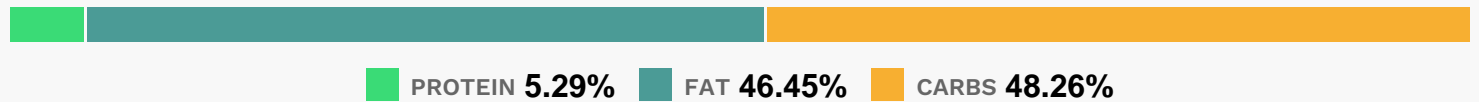
Equipment

- bowl
- sauce pan
- oven
- whisk

Directions

- Preheat oven to 350F. Reserve 14 of the crackers; finely crush remaining crackers. Melt 1/4 cup (4 Tbsp.) of the margarine in medium bowl or saucepan.
- Add cracker crumbs and walnuts; mix well. Press 1 cup of the cracker crumb mixture firmly onto bottom of 9-inch pie plate; set remaining crumb mixture aside for later use. Stand reserved 14 crackers around edge of pie plate.
- Melt remaining 2 Tbsp. margarine in large bowl or saucepan.
- Add eggs, corn syrup, sugar and vanilla; beat with wire whisk until well blended. Stir in remaining crumb mixture; pour into crust.
- Bake 20 min. or until center is set. Cool completely. Top with dollops of whipped topping just before serving. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:3.21, Inflammation Score:-1, Nutrition Score:1.3995651988232%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 100.87kcal (5.04%), Fat: 5.41g (8.33%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 12.01g (4.37%), Sugar: 8.77g (9.75%), Cholesterol: 10.93mg (3.64%), Sodium: 69.82mg (3.04%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.39g (2.77%), Manganese: 0.13mg (6.72%), Copper: 0.06mg (3.23%), Fiber: 0.64g (2.58%), Phosphorus: 20.35mg (2.04%), Iron: 0.31mg (1.71%), Vitamin A: 84.01IU (1.68%), Magnesium: 6.7mg (1.67%), Selenium: 1.17µg (1.67%), Folate: 5.24µg (1.31%), Vitamin B6: 0.03mg (1.31%),

Vitamin B2: 0.02mg (1.26%), Zinc: 0.18mg (1.23%), Vitamin B1: 0.02mg (1.21%), Calcium: 10.99mg (1.1%)