



Walnut Pie Crust

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

CRUST

Ingredients

- 3 tablespoons butter
- 1.5 cups ground walnuts
- 2 tablespoons sugar white

Equipment

- oven
- mixing bowl

Directions

- In a medium mixing bowl, combine all ingredients. Press the nut mixture firmly into bottom and sides of a 9 inch pie plate.
- Bake at 325 degrees F (165 degrees C) for about 10 minutes, or until the edge is golden brown. Cool.

Nutrition Facts

PROTEIN 6.61% **FAT 81.67%** **CARBS 11.72%**

Properties

Glycemic Index:17.51, Glycemic Load:2.4, Inflammation Score:-3, Nutrition Score:5.1700000426044%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg

Nutrients (% of daily need)

Calories: 192.66kcal (9.63%), Fat: 18.57g (28.57%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 6g (2%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.57g (3.97%), Cholesterol: 11.29mg (3.76%), Sodium: 34.23mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Manganese: 0.75mg (37.45%), Copper: 0.35mg (17.45%), Magnesium: 34.77mg (8.69%), Phosphorus: 77.16mg (7.72%), Vitamin B6: 0.12mg (5.9%), Fiber: 1.47g (5.88%), Folate: 21.66µg (5.41%), Vitamin B1: 0.08mg (5%), Zinc: 0.68mg (4.55%), Iron: 0.64mg (3.56%), Potassium: 98.06mg (2.8%), Vitamin A: 135.59IU (2.71%), Calcium: 22.79mg (2.28%), Vitamin B2: 0.04mg (2.07%), Vitamin E: 0.28mg (1.84%), Selenium: 1.15µg (1.64%), Vitamin B5: 0.13mg (1.31%), Vitamin B3: 0.25mg (1.24%)