



# Wheat Crackers

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



2039 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups flour all-purpose
- 1 serving salt for sprinkling
- 0.3 cup vegetable oil
- 1 cup water
- 1.8 cups flour whole wheat

## Equipment

- bowl
- baking sheet

oven

knife

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, stir together the whole wheat flour, all-purpose flour, and 3/4 teaspoon salt.

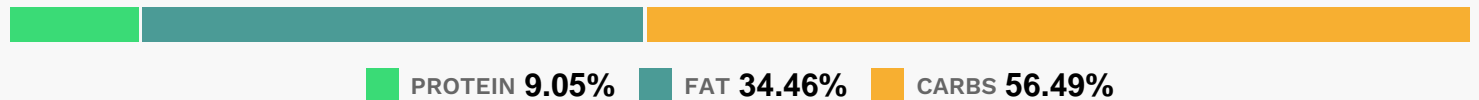
Pour in the vegetable oil and water; mix until just blended.

On a lightly floured surface, roll out the dough as thin as possible - no thicker than 1/8 inch.

Place dough on an ungreased baking sheet, and mark squares out with a knife, but don't cut through. Prick each cracker with a fork a few times, and sprinkle with salt.

Bake for 15 to 20 minutes in the preheated oven, or until crisp and light brown. Baking time may be different depending on how thin your crackers are. When cool, remove from baking sheet, and separate into individual crackers.

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:103.51, Inflammation Score:-10, Nutrition Score:56.683478516081%

## Nutrients (% of daily need)

Calories: 2038.87kcal (101.94%), Fat: 79.75g (122.7%), Saturated Fat: 12.28g (76.73%), Carbohydrates: 294.22g (98.07%), Net Carbohydrates: 266.69g (96.98%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 213.57mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.11g (94.22%), Manganese: 9.82mg (491%), Selenium: 193.34µg (276.2%), Vitamin B1: 2.53mg (168.4%), Vitamin K: 138.19µg (131.61%), Fiber: 27.53g (110.13%), Folate: 435.52µg (108.88%), Vitamin B3: 21.48mg (107.4%), Phosphorus: 952.2mg (95.22%), Iron: 16.28mg (90.42%), Magnesium: 331.32mg (82.83%), Vitamin B2: 1.27mg (74.87%), Copper: 1.17mg (58.45%), Vitamin E: 7.55mg (50.32%), Vitamin B6: 0.94mg (46.86%), Zinc: 6.8mg (45.31%), Potassium: 962.97mg (27.51%), Vitamin B5: 2.09mg (20.88%), Calcium: 106.74mg (10.67%)