



Healthdor

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## Easy Crackers ♦♦

These easy crackers are a delicious snack that can be enjoyed on their own or paired with your favorite dip or spread. They are crispy, flavorful, and perfect for any occasion.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

200 g	All-Purpose Flour
1 tsp	Salt
2 tbsp	olive oil
6 tbsp	Water

### Directions

## Step 1

In a large bowl, combine the flour and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

Add the olive oil and water to the flour mixture. Stir until a dough forms.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Rolling

Divide the dough into two equal portions. Roll out each portion on a lightly floured surface until very thin.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Cutting

Using a sharp knife or pizza cutter, cut the rolled-out dough into desired cracker shapes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Preparation

Transfer the cut crackers to a baking sheet lined with parchment paper. Prick each cracker with a fork to prevent them from puffing up during baking.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Baking

Bake the crackers in a preheated oven at 350°F (175°C) for 15-20 minutes, or until golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 7

### Cooling

Remove from the oven and let cool completely before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 5 g

**Protein:** 2 g

**Carbohydrates:** 16 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	30 mg	0.88%	1.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

The F-Plan Diet

The Five-Bite Diet

The Best Life Diet

### Course

Appetizers

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

### Cost

Over \$50

### Demographics

Teen Friendly

### Meal Type

Snack

### Healthy For

Liver disease

Hepatitis

### Difficulty Level

Easy

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