

## Dana's Party Mix

READY IN



10 min.

SERVINGS



20

CALORIES



648 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 ounce butter flavor shortening
- 17.5 ounce rice cereal crispy
- 6 ounce goldfish crackers
- 1 pound nuts mixed
- 12 ounce oyster crackers
- 15 ounce pretzel twists
- 1 ounce ranch seasoning dry ranch-style
- 10.5 ounce cheese-filled sandwich crackers mini

# Equipment

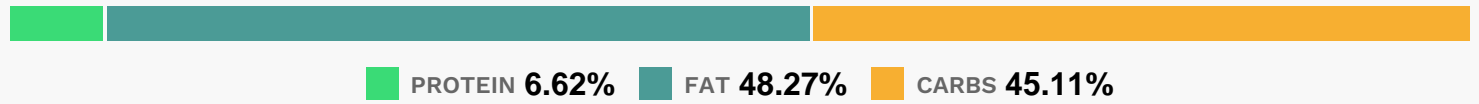
bowl

# Directions

In a large bag or bowl, combine cereal, goldfish crackers, pretzels, nuts, oyster crackers and sandwich crackers. In a small bowl or shaker, combine oil and dressing mix. Toss cracker mixture with oil mixture.

Serve.

# Nutrition Facts



# Properties

Glycemic Index:5.63, Glycemic Load:14.69, Inflammation Score:-5, Nutrition Score:13.4943479847%

# Nutrients (% of daily need)

Calories: 648.35kcal (32.42%), Fat: 35.39g (54.44%), Saturated Fat: 6.99g (43.68%), Carbohydrates: 74.4g (24.8%), Net Carbohydrates: 70.3g (25.57%), Sugar: 6.54g (7.27%), Cholesterol: 2.83mg (0.94%), Sodium: 663.29mg (28.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.83%), Manganese: 0.82mg (41.18%), Folate: 129.6µg (32.4%), Vitamin B1: 0.45mg (29.94%), Vitamin B3: 5.01mg (25.04%), Iron: 3.81mg (21.17%), Copper: 0.42mg (21.16%), Vitamin B2: 0.35mg (20.52%), Phosphorus: 183.66mg (18.37%), Magnesium: 70.63mg (17.66%), Fiber: 4.09g (16.38%), Vitamin K: 14.73µg (14.03%), Vitamin E: 1.6mg (10.67%), Zinc: 1.53mg (10.22%), Selenium: 5.74µg (8.2%), Potassium: 250.99mg (7.17%), Vitamin B5: 0.6mg (6%), Vitamin B6: 0.1mg (5.02%), Calcium: 42.61mg (4.26%)