



Firecracker Crackers

 Dairy Free

READY IN



550 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups canola oil
- ☐ 1 tablespoon chili powder
- ☐ 1 ounce ranch dressing mix
- ☐ 2 tablespoons pepper flakes red crushed
- ☐ 16 ounce saltines whole wheat

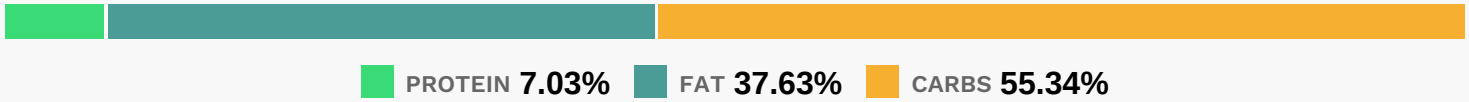
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the canola oil, crushed red pepper flakes, ranch dressing mix, and chili powder together in a bowl.
- ☐ Divide the saltine crackers evenly into 2 1-gallon-sized sealable bags.
- ☐ Pour the oil mixture evenly over the crackers. Seal the bag and flip to allow the oil mixture to run over the crackers for 5 minutes; flip again. Repeat the flipping every five minutes to evenly coat the crackers for about 1 hour.
- ☐ Remove the crackers from the bags and spread onto large platters. Allow to sit overnight before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.8782608532549%

Nutrients (% of daily need)

Calories: 87.89kcal (4.39%), Fat: 3.66g (5.63%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 11.41g (4.15%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 226.27mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin B1: 0.11mg (7.21%), Manganese: 0.14mg (7.02%), Vitamin K: 6.28µg (5.98%), Vitamin E: 0.87mg (5.81%), Iron: 0.98mg (5.45%), Vitamin B3: 1.07mg (5.33%), Folate: 20.48µg (5.12%), Vitamin B2: 0.08mg (4.77%), Vitamin A: 237.35IU (4.75%), Fiber: 0.7g (2.81%), Selenium: 1.72µg (2.46%), Phosphorus: 17.82mg (1.78%), Vitamin B6: 0.03mg (1.49%), Copper: 0.03mg (1.45%), Magnesium: 4.67mg (1.17%), Potassium: 38.58mg (1.1%)