



## Garlic-Dill Crackers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

### Ingredients

- 2 teaspoons optional: dill dried
- 0.5 teaspoon garlic powder
- 0.3 teaspoon lemon pepper
- 11 ounce oyster crackers ()
- 1.5 tablespoons salad dressing mix dry ranch-flavored
- 2 tablespoons vegetable oil

### Equipment

- bowl

frying pan

oven

## Directions

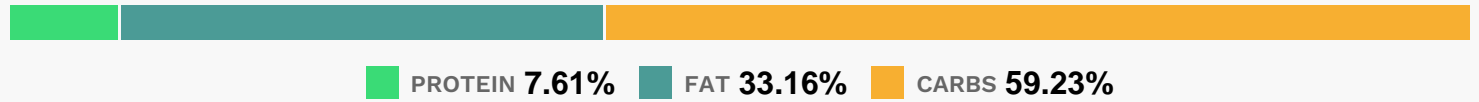
Preheat oven to 17

Combine first 5 ingredients in a large bowl; stir well.

Add crackers; toss well. Spoon mixture into a jelly-roll pan.

Bake at 175 for 30 minutes or until dry, stirring occasionally. Cool completely; store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:4.63, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:6.0121738528428%

## Nutrients (% of daily need)

Calories: 200.7kcal (10.04%), Fat: 7.34g (11.29%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 28.32g (10.3%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 393.52mg (17.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Vitamin B1: 0.28mg (18.41%), Manganese: 0.35mg (17.36%), Vitamin K: 17.73µg (16.88%), Folate: 52.33µg (13.08%), Iron: 2.32mg (12.87%), Vitamin B3: 2.52mg (12.62%), Vitamin B2: 0.19mg (11.23%), Selenium: 4.12µg (5.88%), Vitamin E: 0.79mg (5.24%), Fiber: 1.16g (4.63%), Phosphorus: 42.39mg (4.24%), Copper: 0.06mg (2.89%), Magnesium: 10.48mg (2.62%), Vitamin B6: 0.04mg (2.14%), Potassium: 72.79mg (2.08%), Zinc: 0.29mg (1.9%), Vitamin B5: 0.19mg (1.87%), Calcium: 12.63mg (1.26%)