



Ghostly Munch

READY IN



10 min.

SERVINGS



24

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

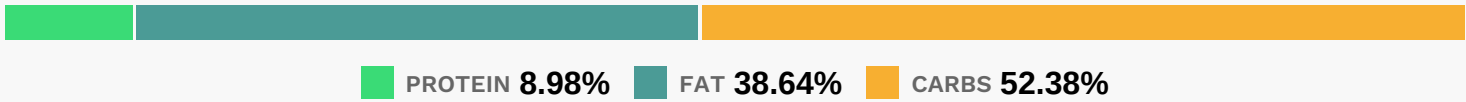
- ☐ 0.5 teaspoon garlic salt
- ☐ 6.6 oz cheddar-flavored goldfish crackers
- ☐ 0.3 cup parmesan grated
- ☐ 8 cups popped popcorn unsalted
- ☐ 3 cups pretzel sticks miniature
- ☐ 24 servings salt
- ☐ 0.3 cup butter unsalted melted

Equipment

Directions

- ☐ Drizzle butter over popcorn.
- ☐ Sprinkle with onion salt and Parmesan; toss.
- ☐ Add pretzels and crackers; toss. Season with salt, if desired.
- ☐ Serve, or store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:6.02, Inflammation Score:-1, Nutrition Score:2.1091304188189%

Nutrients (% of daily need)

Calories: 104.14kcal (5.21%), Fat: 4.5g (6.92%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 12.69g (4.61%), Sugar: 0.2g (0.22%), Cholesterol: 10.09mg (3.36%), Sodium: 411.33mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Folate: 24.37µg (6.09%), Manganese: 0.11mg (5.35%), Vitamin B1: 0.07mg (4.87%), Vitamin B2: 0.08mg (4.41%), Vitamin B3: 0.87mg (4.37%), Fiber: 1.03g (4.12%), Phosphorus: 30.07mg (3.01%), Calcium: 25.78mg (2.58%), Iron: 0.45mg (2.49%), Magnesium: 7.84mg (1.96%), Vitamin A: 94.11IU (1.88%), Zinc: 0.22mg (1.45%), Copper: 0.02mg (1.08%)