



Hidden Valley Oyster Crackers

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



307 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon optional: dill
- 16 ounce oyster crackers
- 1 ounce ranch seasoning hidden valley® original ranch®
- 0.3 cup vegetable oil

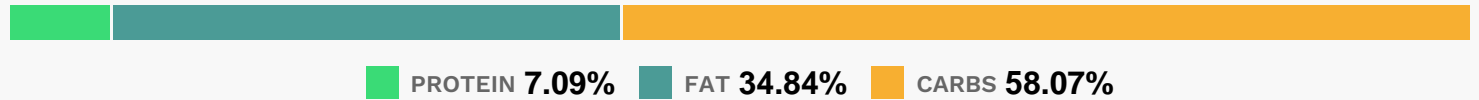
Equipment

- baking sheet
- oven

Directions

- Place crackers in a gallon-size Glad-Lock® Zipper™ Storage Bag.
- Pour oil over crackers; seal bag and toss to coat.
- Add dressing mix and spice; seal bag and toss again until coated.
- Bake on ungreased baking sheet at 250 degrees F for 15 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.4739130903035%

Nutrients (% of daily need)

Calories: 307.08kcal (15.35%), Fat: 11.71g (18.02%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 42.34g (15.4%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 799.32mg (34.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Vitamin B1: 0.4mg (26.54%), Vitamin K: 26.93µg (25.65%), Manganese: 0.48mg (23.76%), Folate: 75.99µg (19%), Vitamin B3: 3.65mg (18.26%), Iron: 3.16mg (17.56%), Vitamin B2: 0.28mg (16.24%), Selenium: 5.84µg (8.34%), Vitamin E: 1.21mg (8.06%), Fiber: 1.59g (6.35%), Phosphorus: 57.84mg (5.78%), Copper: 0.08mg (3.94%), Magnesium: 13.04mg (3.26%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.39mg (2.61%), Potassium: 86.23mg (2.46%), Vitamin B6: 0.05mg (2.44%), Calcium: 10.79mg (1.08%)