



## No Cook Pretzels with a Kick

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



202 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon cayenne pepper to taste
- 1 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 15 ounce pretzels
- 1 ounce ranch dressing mix hidden valley ranch® (such as )
- 0.8 cup vegetable oil

### Equipment

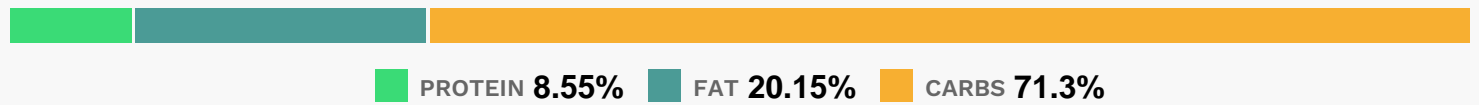
- baking sheet

paper towels

## Directions

- Place vegetable oil, ranch dressing mix, garlic powder, lemon pepper, and cayenne pepper in a gallon-size resealable bag; seal and gently shake to mix oil with dry ingredients.
- Add pretzels and seal bag; shake to thoroughly coat pretzels with seasoned oil.
- Let pretzels marinate in the bag for 30 minutes. Shake bag and marinate another 30 minutes.
- Transfer pretzels to a paper towel-lined baking sheet to dry.

## Nutrition Facts



## Properties

Glycemic Index:15.2, Glycemic Load:27.22, Inflammation Score:-3, Nutrition Score:5.5799999962682%

## Nutrients (% of daily need)

Calories: 201.89kcal (10.09%), Fat: 4.54g (6.99%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 34.62g (12.59%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 740.17mg (32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.67%), Manganese: 0.43mg (21.36%), Folate: 77.25µg (19.31%), Vitamin B1: 0.18mg (12.14%), Vitamin B3: 2.25mg (11.27%), Iron: 1.99mg (11.07%), Vitamin B2: 0.14mg (8.4%), Vitamin K: 7.61µg (7.25%), Fiber: 1.55g (6.2%), Phosphorus: 56.28mg (5.63%), Copper: 0.07mg (3.55%), Vitamin E: 0.5mg (3.34%), Magnesium: 13.06mg (3.26%), Zinc: 0.46mg (3.04%), Potassium: 103.08mg (2.95%), Selenium: 1.96µg (2.8%), Vitamin B6: 0.04mg (1.97%), Vitamin B5: 0.15mg (1.49%), Calcium: 12.75mg (1.28%), Vitamin C: 0.97mg (1.18%)