

Party Pretzels

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup canola oil
- 1 teaspoon optional: dill
- 3 teaspoons garlic powder
- 0.5 teaspoon lemon pepper
- 16 ounces pretzels

Equipment

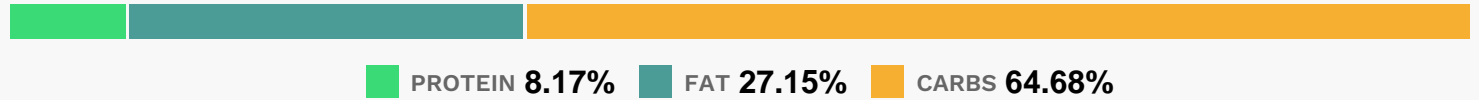
- oven
- wire rack

baking pan

Directions

- Place pretzels in an ungreased 15-in. x 10-in. x 1-in. baking pan.
- Combine the oil, garlic powder, dill and lemon-pepper; drizzle over pretzels and toss to coat.
- Bake at 350° for 12 minutes, stirring twice. Cool on a wire rack. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:12.1, Inflammation Score:-1, Nutrition Score:2.507826110996%

Nutrients (% of daily need)

Calories: 94.55kcal (4.73%), Fat: 2.89g (4.45%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 15.49g (5.17%), Net Carbohydrates: 14.81g (5.38%), Sugar: 0.43g (0.47%), Cholesterol: 0mg (0%), Sodium: 234.59mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Manganese: 0.19mg (9.27%), Folate: 34.4µg (8.6%), Vitamin B1: 0.08mg (5.45%), Vitamin B3: 1mg (5%), Iron: 0.89mg (4.95%), Vitamin B2: 0.06mg (3.73%), Vitamin E: 0.5mg (3.33%), Fiber: 0.69g (2.75%), Phosphorus: 25.81mg (2.58%), Vitamin K: 2.26µg (2.15%), Copper: 0.03mg (1.6%), Magnesium: 5.84mg (1.46%), Zinc: 0.21mg (1.39%), Potassium: 47.2mg (1.35%), Selenium: 0.92µg (1.32%), Vitamin B6: 0.02mg (1.02%)