



Ranch Mix Saltine Crackers

 Dairy Free

READY IN



185 min.

SERVINGS



15

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

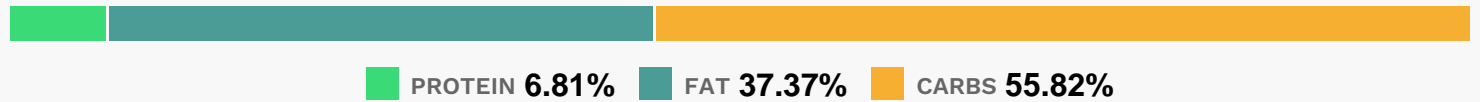
- 1 ounce ranch dressing mix
- 16 ounce saltines
- 1.5 cups vegetable oil

Equipment

Directions

- Place ranch dressing mix and vegetable oil in a 2-gallon resealable bag; seal and shake until well combined.
- Add crackers and shake until crackers are fully coated. Set aside for 3 hours to allow crackers to absorb coating, shaking bag every 1/2 hour.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.5908694945114%

Nutrients (% of daily need)

Calories: 170.2kcal (8.51%), Fat: 6.97g (10.73%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 22.58g (8.21%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 426.3mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin K: 15.7µg (14.95%), Vitamin B1: 0.21mg (14.15%), Manganese: 0.25mg (12.67%), Folate: 40.52µg (10.13%), Vitamin B3: 1.95mg (9.74%), Iron: 1.69mg (9.36%), Vitamin B2: 0.15mg (8.66%), Vitamin E: 0.7mg (4.7%), Selenium: 3.11µg (4.45%), Fiber: 0.85g (3.39%), Phosphorus: 30.84mg (3.08%), Copper: 0.04mg (2.1%), Magnesium: 6.96mg (1.74%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.21mg (1.39%), Potassium: 45.96mg (1.31%), Vitamin B6: 0.03mg (1.3%)