

Ranch Oyster Crackers

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon dill dried
- 5 cups oyster crackers
- 1 ounce ranch seasoning
- 0.3 cup vegetable oil

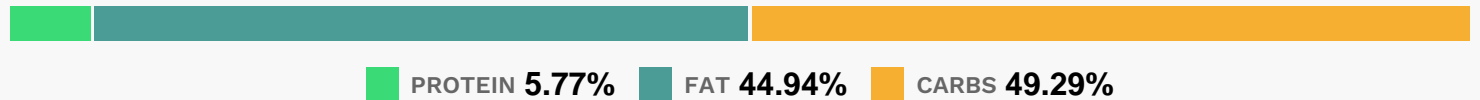
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 250 degrees F (120 degrees C).
- In a large mixing bowl, combine ranch dressing mix, dill weed, vegetable oil, lemon pepper, and garlic powder.
- Mix well.
- Add oyster crackers to the mixture and mix to coat the crackers.
- Pour the crackers onto a cookie sheet.
- Bake for 15 to 20 minutes, stirring gently halfway through the baking time.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6656521219436%

Nutrients (% of daily need)

Calories: 150.24kcal (7.51%), Fat: 7.4g (11.38%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 17.62g (6.41%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 424.45mg (18.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin K: 15.74µg (14.99%), Vitamin B1: 0.16mg (10.54%), Manganese: 0.19mg (9.53%), Folate: 30.15µg (7.54%), Vitamin B3: 1.45mg (7.25%), Iron: 1.28mg (7.1%), Vitamin B2: 0.11mg (6.45%), Vitamin E: 0.7mg (4.7%), Selenium: 2.32µg (3.31%), Fiber: 0.64g (2.55%), Phosphorus: 23.22mg (2.32%), Copper: 0.03mg (1.58%), Magnesium: 5.4mg (1.35%), Vitamin B5: 0.11mg (1.07%), Zinc: 0.16mg (1.05%), Potassium: 35.85mg (1.02%), Vitamin B6: 0.02mg (1.01%)