



## Seasoned Fish Crackers

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



594 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 19.8 ounces goldfish crackers
- 1 envelope ranch seasoning
- 3 teaspoons optional: dill
- 0.5 teaspoon garlic powder
- 0.5 teaspoon lemon pepper
- 0.3 teaspoon ground pepper
- 0.7 cup canola oil

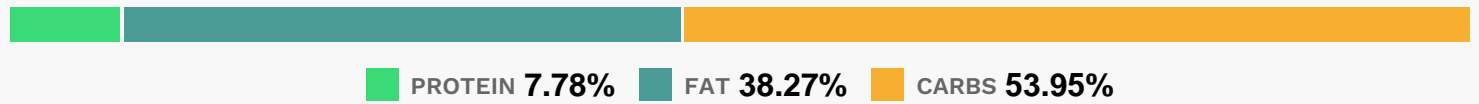
### Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 250°.
- Place crackers in a large bowl.
- Combine the remaining ingredients; drizzle over crackers and toss to coat evenly.
- Transfer to 2 ungreased 15x10x1-in. baking pans.
- Bake 15–20 minutes, stirring occasionally. Cool completely in pans. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:16.8, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:8.2265216544594%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 594.1kcal (29.71%), Fat: 24.7g (38%), Saturated Fat: 4.18g (26.16%), Carbohydrates: 78.35g (26.12%), Net Carbohydrates: 74.51g (27.09%), Sugar: 0.02g (0.02%), Cholesterol: 37.42mg (12.47%), Sodium: 1355.82mg (58.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.6%), Vitamin B1: 0.56mg (37.54%), Vitamin B2: 0.64mg (37.53%), Folate: 150.04µg (37.51%), Vitamin B3: 6mg (30%), Fiber: 3.84g (15.38%), Calcium: 151.04mg (15.1%), Vitamin E: 1.08mg (7.2%), Vitamin K: 4.67µg (4.45%), Manganese: 0.03mg (1.56%)