

Snack Crackers

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

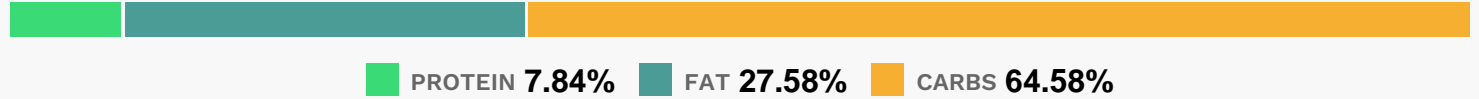
- 0.5 teaspoon dill dried
- 1 teaspoon garlic powder
- 12 ounce oyster crackers
- 1 ounce ranch seasoning
- 0.5 cup vegetable oil

Equipment

Directions

- Mix together ranch dressing mix, garlic powder, dill and vegetable oil.
- Add crackers and mix gently until the crackers are coated with the mixture. Stir every 10 minutes for 1 hour. Store in an airtight jar.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:4.1513043701163%

Nutrients (% of daily need)

Calories: 142.06kcal (7.1%), Fat: 4.27g (6.57%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 21.67g (7.88%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 444.19mg (19.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin B1: 0.2mg (13.35%), Manganese: 0.24mg (12.08%), Vitamin K: 10.54µg (10.04%), Folate: 38.11µg (9.53%), Vitamin B3: 1.83mg (9.14%), Iron: 1.61mg (8.97%), Vitamin B2: 0.14mg (8.15%), Selenium: 2.98µg (4.26%), Fiber: 0.82g (3.29%), Vitamin E: 0.48mg (3.18%), Phosphorus: 30.18mg (3.02%), Copper: 0.04mg (2.05%), Magnesium: 6.9mg (1.73%), Vitamin B6: 0.03mg (1.46%), Vitamin B5: 0.14mg (1.37%), Potassium: 47.45mg (1.36%), Zinc: 0.2mg (1.36%)