



Spicy Chili Crackers

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 servings optional: cayenne pepper to taste
- ☐ 2 teaspoons chili seasoning
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup olive oil
- ☐ 1 oz ranch salad dressing mix
- ☐ 16 oz saltines

Equipment

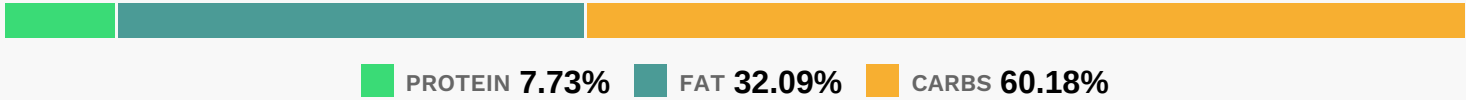
- ☐ bowl

☐ baking sheet

Directions

- ☐ Place crackers in a large bowl; set aside.
- ☐ Combine remaining ingredients in a separate bowl and stir to mix.
- ☐ Pour over crackers; gently stir and let stand overnight.
- ☐ May also be spread on a baking sheet and baked at 250 degrees for 20 to 30 minutes. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.89, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:5.5239130699116%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 138.47kcal (6.92%), Fat: 4.95g (7.62%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 19.55g (7.11%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 356.15mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin A: 941.91IU (18.84%), Manganese: 0.26mg (12.82%), Vitamin B1: 0.18mg (12.33%), Vitamin K: 9.63µg (9.17%), Vitamin B3: 1.82mg (9.1%), Iron: 1.63mg (9.05%), Folate: 36.07µg (9.02%), Vitamin E: 1.3mg (8.65%), Vitamin B2: 0.14mg (8.47%), Fiber: 1.34g (5.37%), Selenium: 2.83µg (4.04%), Vitamin B6: 0.08mg (3.91%), Phosphorus: 32.95mg (3.3%), Potassium: 85.66mg (2.45%), Magnesium: 9.36mg (2.34%), Copper: 0.05mg (2.25%), Vitamin C: 1.53mg (1.86%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.13mg (1.27%)