



Spicy Party Pretzels

 Vegetarian  Dairy Free

READY IN



130 min.

SERVINGS



15

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon garlic salt
- 1 teaspoon ground pepper
- 15 ounce pretzels mini
- 1 ounce ranch seasoning dry
- 1 cup vegetable oil

Equipment

- bowl
- oven

baking pan

Directions

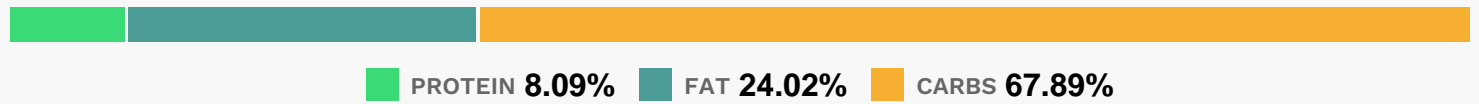
Preheat oven to 200 degrees F (95 degrees C).

In a medium bowl, mix together vegetable oil, dry ranch dressing mix, garlic salt and cayenne pepper.

Place pretzels in a medium baking dish. Coat with the vegetable oil mixture.

Stirring occasionally, bake coated pretzels uncovered in the preheated oven 2 hours, or until toasted and crispy.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:18.13, Inflammation Score:-2, Nutrition Score:3.7391304399656%

Nutrients (% of daily need)

Calories: 140.24kcal (7.01%), Fat: 3.76g (5.79%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 22.92g (8.33%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 648.35mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Manganese: 0.27mg (13.38%), Folate: 51.45µg (12.86%), Vitamin B1: 0.12mg (8.04%), Vitamin B3: 1.51mg (7.53%), Iron: 1.31mg (7.28%), Vitamin K: 6.25µg (5.95%), Vitamin B2: 0.1mg (5.61%), Fiber: 1g (4%), Phosphorus: 36.68mg (3.67%), Vitamin E: 0.41mg (2.74%), Copper: 0.04mg (2.24%), Magnesium: 8.43mg (2.11%), Zinc: 0.3mg (1.99%), Potassium: 65.94mg (1.88%), Selenium: 1.26µg (1.8%), Vitamin B6: 0.02mg (1.21%), Vitamin A: 55.48IU (1.11%)