



WHATSheATE



Spicy Ranch Goldfish Snack Mix

READY IN



62 min.

SERVINGS



4

CALORIES



507 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon optional: dill
- ☐ 2 bags goldfish crackers
- ☐ 2 bags goldfish crackers plain
- ☐ 1.5 cups pecans
- ☐ 4 tablespoons ranch seasoning
- ☐ 1 stick butter unsalted melted
- ☐ 1 teaspoon worcestershire sauce

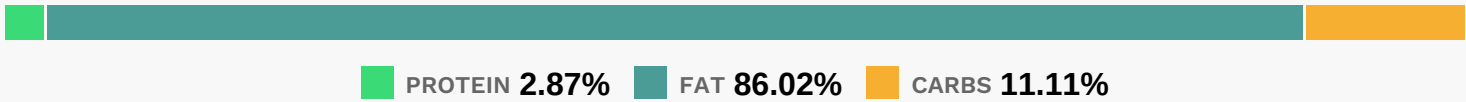
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 250°
- ☐ Combine crackers and pecans in a large bowl.
- ☐ Mix melted butter with Ranch dressing mix, dill weed and Worcestershire sauce, and pour over crackers and nuts. Using a wooden spoon, gently stir to coat.
- ☐ Pour snack mix onto parchment lined large roasting pan or baking sheet.
- ☐ Place pan in center of oven and bake for one hour, carefully stir mix every 15 minutes while baking.Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:10.191739064196%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 506.62kcal (25.33%), Fat: 49.81g (76.63%), Saturated Fat: 16.84g (105.24%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 10.87g (3.95%), Sugar: 1.64g (1.82%), Cholesterol: 61.07mg (20.36%), Sodium:

1155.96mg (50.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Manganese: 1.67mg (83.6%), Copper: 0.45mg (22.65%), Vitamin B1: 0.25mg (16.83%), Vitamin A: 729.87IU (14.6%), Fiber: 3.6g (14.39%), Magnesium: 45.69mg (11.42%), Zinc: 1.71mg (11.4%), Phosphorus: 110.53mg (11.05%), Vitamin E: 1.18mg (7.84%), Iron: 1.03mg (5.7%), Potassium: 171.18mg (4.89%), Vitamin B6: 0.08mg (3.94%), Vitamin B2: 0.07mg (3.86%), Calcium: 35.76mg (3.58%), Vitamin B5: 0.35mg (3.52%), Vitamin K: 3.29µg (3.14%), Vitamin D: 0.42µg (2.83%), Folate: 10.51µg (2.63%), Vitamin B3: 0.51mg (2.55%), Selenium: 1.7µg (2.43%)