



March 4- Seasoned Oyster Crackers

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=106190>

Recipe

Ingredients:

- Bag of oyster crackers
- 1/3 cup canola oil
- 1/2 teaspoon dill weed
- 1/2 teaspoon parsley flakes
- 1/4 teaspoon garlic powder
- 2 Tablespoon ranch seasoning mix

Directions:

1. Combine oil, dill weed, parsley flakes, garlic powder and ranch mix in a medium bowl.
2. Place oyster crackers in large bowl. Pour the seasoning mixture over crackers and stir with spatula until well mixed.

Yield 19 servings

Nutrition Facts

Serving Size 22 crackers (19.74g)
Servings Per Container 19

Amount Per Serving

Calories 100 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g

Sugars 0g

Protein 1g **2%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.