



## All-Purpose Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

### Ingredients

- 2 hotdog buns
- 2 teaspoons seasoning dried italian (such as oregano, thyme, basil, or an herb mix)
- 8 servings kosher salt
- 3 tablespoons butter unsalted melted

### Equipment

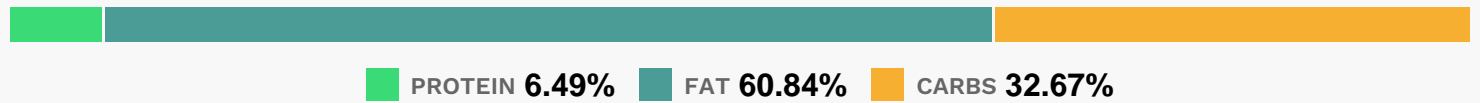
- frying pan
- baking sheet
- baking paper

- oven
- aluminum foil
- ziploc bags

## Directions

- Heat oven to 375 F.
- Cut the buns into 1-inch pieces and place on a baking sheet lined with parchment paper or aluminum foil.
- Drizzle with the butter, sprinkle with 1/2 teaspoon salt and the herbs, and toss.
- Bake, turning once, until crisp and golden, about 15 minutes.
- Transfer the sheet of parchment or foil and croutons off the pan to a counter to cool. (You can store the croutons in a resealable plastic bag in the refrigerator for up to 5 days or in the freezer for up to 3 months.)

## Nutrition Facts



## Properties

Glycemic Index:8.38, Glycemic Load:3.19, Inflammation Score:-1, Nutrition Score:1.791739097432%

## Nutrients (% of daily need)

Calories: 68.61kcal (3.43%), Fat: 4.7g (7.22%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.27g (1.92%), Sugar: 0.8g (0.89%), Cholesterol: 11.29mg (3.76%), Sodium: 246.98mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Selenium: 2.97µg (4.24%), Manganese: 0.08mg (4.22%), Vitamin B1: 0.06mg (3.92%), Vitamin K: 3.99µg (3.8%), Iron: 0.55mg (3.06%), Folate: 11.33µg (2.83%), Vitamin A: 139.81IU (2.8%), Calcium: 24.67mg (2.47%), Vitamin B3: 0.47mg (2.35%), Vitamin B2: 0.04mg (2.12%), Fiber: 0.4g (1.62%), Vitamin E: 0.24mg (1.61%), Phosphorus: 12.73mg (1.27%)