



Basic Herb Croutons



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups bread french cubed (1/2-inch) (4 1-ounce slices)
- ☐ 1 tablespoon penzey's southwest seasoning dried italian
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

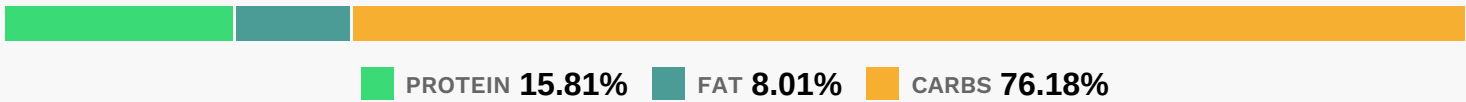
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place bread cubes on a jelly-roll pan; lightly coat bread cubes with cooking spray. Toss bread cubes with seasoning, salt, and pepper.
- ☐ Bake at 400 for 10 minutes or until golden.
- ☐ Cinnamon-Sugar Croutons: Substitute 1 teaspoon cinnamon sugar (found in the spice section of your supermarket) for Italian seasoning, salt, and pepper.
- ☐ Mexican Croutons: Substitute 1/2 teaspoon each chili powder, cumin, and dried oregano for the Italian seasoning, salt, and pepper.
- ☐ Parmesan Croutons: Substitute 2 tablespoons Parmesan cheese for Italian seasoning.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:23.68, Inflammation Score:-3, Nutrition Score:7.420869593792%

Nutrients (% of daily need)

Calories: 161.86kcal (8.09%), Fat: 1.45g (2.23%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 29.5g (10.73%), Sugar: 2.75g (3.05%), Cholesterol: 0mg (0%), Sodium: 428.83mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin B1: 0.42mg (28.04%), Selenium: 16.93µg (24.19%), Folate: 73.5µg (18.38%), Manganese: 0.33mg (16.68%), Vitamin B2: 0.25mg (14.96%), Vitamin B3: 2.87mg (14.33%), Iron: 2.43mg (13.52%), Phosphorus: 62.67mg (6.27%), Fiber: 1.45g (5.8%), Magnesium: 19.88mg (4.97%), Copper: 0.09mg (4.64%), Zinc: 0.62mg (4.16%), Calcium: 36.07mg (3.61%), Vitamin B6: 0.07mg (3.34%), Vitamin K: 2.46µg (2.34%), Potassium: 73.99mg (2.11%), Vitamin B5: 0.2mg (2.01%), Vitamin E: 0.18mg (1.21%)