



BEST Garlic Parmesan Croutons

READY IN



30 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 1 tablespoon creole seasoning to taste (such as Emeril's Bayou Blast!®)
- 8 slices bread french cut into 3/4-inch cubes (1/)
- 1 clove garlic sliced thin
- 0.1 teaspoon onion powder
- 6 tablespoons parmesan cheese grated

Equipment

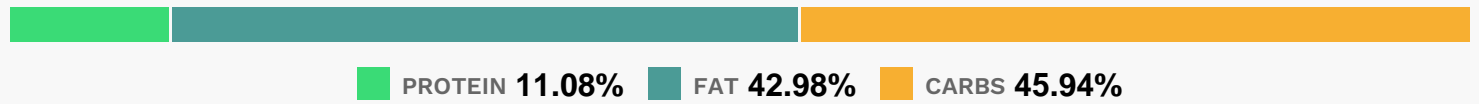
- bowl

- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Put cubes in a large bowl and season generously with creole seasoning.
- Melt butter in a saucepan over medium-low heat. Stir Parmesan cheese, garlic, and onion powder into the melted butter; pour over the bread cubes and toss to coat.
- Spread bread cubes onto a large baking sheet.
- Bake in preheated oven for 10 minutes, stir, and continue baking until golden brown and crispy, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:24.06, Glycemic Load:25.7, Inflammation Score:-6, Nutrition Score:9.3760868673739%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 294.24kcal (14.71%), Fat: 14.22g (21.87%), Saturated Fat: 8.23g (51.46%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 32.6g (11.86%), Sugar: 3.04g (3.38%), Cholesterol: 33.77mg (11.26%), Sodium: 542.4mg (23.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Vitamin B1: 0.46mg (30.6%), Selenium: 19.87µg (28.39%), Folate: 80.06µg (20.02%), Manganese: 0.36mg (17.89%), Vitamin B2: 0.3mg (17.48%), Vitamin B3: 3.15mg (15.75%), Iron: 2.58mg (14.32%), Vitamin A: 647.08IU (12.94%), Phosphorus: 96.89mg (9.69%), Calcium: 71.56mg (7.16%), Fiber: 1.59g (6.36%), Magnesium: 23.16mg (5.79%), Zinc: 0.86mg (5.75%), Copper: 0.1mg (5.12%), Vitamin B6: 0.09mg (4.61%), Vitamin E: 0.67mg (4.46%), Potassium: 99.58mg (2.85%), Vitamin B5: 0.24mg (2.44%), Vitamin K: 2.01µg (1.92%), Vitamin B12: 0.07µg (1.25%)