



WHATSheATE



Black Pepper Croutons



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



32 kcal

SIDE DISH

Ingredients



2 tablespoons olive oil melted



1 teaspoon pepper freshly ground



0.3 teaspoon salt

Equipment



baking sheet

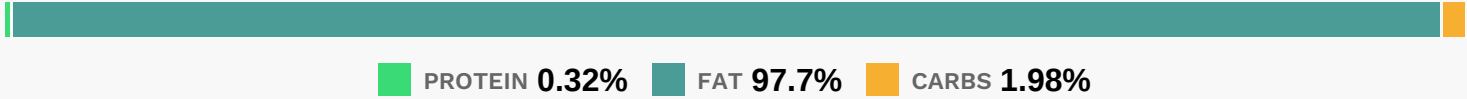


oven

Directions

- ☐ Brush both sides of baguette slices with melted butter.
- ☐ Place on an ungreased baking sheet.
- ☐ Bake at 400 for 3 minutes. Turn; sprinkle with pepper and salt.
- ☐ Bake 2 to 3 more minutes or until crisp.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.3752174012201%

Nutrients (% of daily need)

Calories: 31.57kcal (1.58%), Fat: 3.51g (5.4%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 72.79mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Vitamin E: 0.51mg (3.38%), Vitamin K: 2.52µg (2.4%), Manganese: 0.03mg (1.6%)