



Buttery Parmesan Topping

READY IN



10 min.

SERVINGS



10

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons parsley flakes dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 8 slices bread white cut into 1/4-inch cubes

Equipment

- ☐ food processor
- ☐ mixing bowl

Directions

- ☐
- Pulse bread cubes in a food processor until mixture resembles fine crumbs.
- ☐
- Transfer breadcrumbs to a large mixing bowl. Stir in Parmesan cheese, butter, and parsley.

Nutrition Facts



Properties

Glycemic Index:7.48, Glycemic Load:7.01, Inflammation Score:-5, Nutrition Score:3.995652164454%

Flavonoids

Apigenin: 18.01mg, Apigenin: 18.01mg, Apigenin: 18.01mg, Apigenin: 18.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg

Nutrients (% of daily need)

Calories: 157.82kcal (7.89%), Fat: 11.28g (17.35%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 10.2g (3.71%), Sugar: 1.1g (1.22%), Cholesterol: 4.35mg (1.45%), Sodium: 291.74mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Calcium: 94.36mg (9.44%), Selenium: 6.45µg (9.21%), Vitamin A: 457.2IU (9.14%), Manganese: 0.16mg (8.09%), Vitamin B1: 0.1mg (6.98%), Phosphorus: 58.65mg (5.87%), Folate: 23.33µg (5.83%), Vitamin K: 5.56µg (5.3%), Vitamin B3: 1mg (4.99%), Vitamin B2: 0.08mg (4.65%), Iron: 0.78mg (4.35%), Vitamin E: 0.46mg (3.05%), Zinc: 0.41mg (2.76%), Fiber: 0.57g (2.27%), Magnesium: 9.09mg (2.27%), Copper: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.37%), Potassium: 48.1mg (1.37%), Vitamin B6: 0.03mg (1.35%), Vitamin B12: 0.08µg (1.31%)