



Caesar Salad Croutons

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup olive oil extra virgin
- ☐ 0.5 bulb garlic peeled
- ☐ 1 cup ghee
- ☐ 1 pound sourdough bread cubed

Equipment

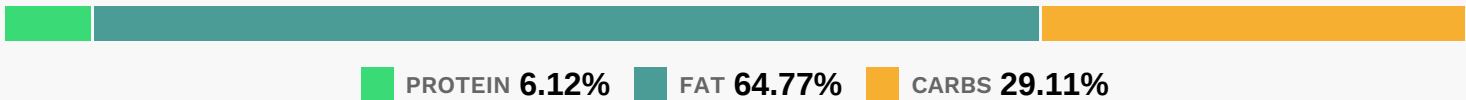
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Combine garlic and oil in a small saucepan. Simmer until cloves are a light gold color, about 15 minutes.
- ☐ Pour oil through a fine sieve, squeeze all juice from cloves, and then discard the solids. Set garlic oil aside.
- ☐ Preheat oven to 300 degrees F (150 degrees C). Lightly oil a baking sheet.
- ☐ Arrange bread cubes in a single layer on baking sheet.
- ☐ Bake, turning bread cubes periodically, until lightly browned, about 20 minutes.
- ☐ In a large, non-stick skillet, melt 1/3 cup ghee with 1/3 cup garlic oil over medium heat. Cook toasted bread cubes in batches until light to medium golden brown, turning frequently.
- ☐ Add more ghee and garlic oil as needed. Turn out into basket lined with paper towels, and drain for about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:15.13, Inflammation Score:-1, Nutrition Score:4.8186956405964%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 266.22kcal (13.31%), Fat: 19.44g (29.9%), Saturated Fat: 9.98g (62.39%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 18.83g (6.85%), Sugar: 1.75g (1.94%), Cholesterol: 38.4mg (12.8%), Sodium: 227.95mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin B1: 0.27mg (17.91%), Selenium: 10.83µg (15.47%), Folate: 46.5µg (11.62%), Manganese: 0.2mg (10.01%), Vitamin B2: 0.16mg (9.5%), Vitamin B3: 1.82mg (9.11%), Iron: 1.5mg (8.33%), Phosphorus: 39.88mg (3.99%), Vitamin E: 0.6mg (3.99%), Fiber: 0.83g (3.34%), Magnesium: 12.13mg (3.03%), Copper: 0.06mg (2.89%), Zinc: 0.39mg (2.63%), Vitamin K: 2.43µg (2.32%), Vitamin

B6: 0.04mg (2.1%), Calcium: 19.92mg (1.99%), Potassium: 44.76mg (1.28%), Vitamin B5: 0.13mg (1.27%)