



Cheese Garlic Croutons

READY IN



25 min.

SERVINGS



20

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 slices bread cut into cubes
- ☐ 0.5 cup butter melted
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons parmesan cheese grated to taste
- ☐ 1 teaspoon salt

Equipment

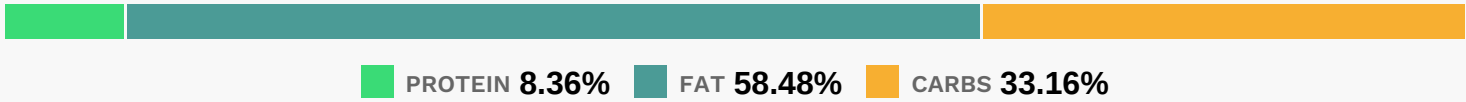
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Put bread cubes in a large bowl; drizzle with melted butter. Toss to evenly coat.
- ☐ Spread onto a baking sheet.
- ☐ Bake in the preheated oven until croutons are crisp, 10 to 15 minutes.
- ☐ Mix Parmesan, salt, paprika, and garlic powder into a bowl; sprinkle over croutons. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:3.58, Inflammation Score:-2, Nutrition Score:2.2504347807363%

Nutrients (% of daily need)

Calories: 81.93kcal (4.1%), Fat: 5.39g (8.29%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.27g (2.28%), Sugar: 0.82g (0.91%), Cholesterol: 12.64mg (4.21%), Sodium: 227.89mg (9.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Manganese: 0.17mg (8.53%), Selenium: 4.31µg (6.15%), Vitamin B3: 0.8mg (3.98%), Vitamin B1: 0.06mg (3.93%), Vitamin A: 195.68IU (3.91%), Folate: 12.22µg (3.05%), Iron: 0.54mg (2.99%), Fiber: 0.61g (2.43%), Vitamin B2: 0.04mg (2.38%), Calcium: 23.7mg (2.37%), Phosphorus: 23.53mg (2.35%), Magnesium: 6.32mg (1.58%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.18mg (1.21%), Copper: 0.02mg (1.13%), Vitamin K: 1.17µg (1.12%), Vitamin B6: 0.02mg (1.04%)