



Chili-Cheese Croutons

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2.5 teaspoons chili powder
- ☐ 16 slices bread french cubed (1/2-inch-thick)
- ☐ 2 ounces monterrey jack cheese shredded finely

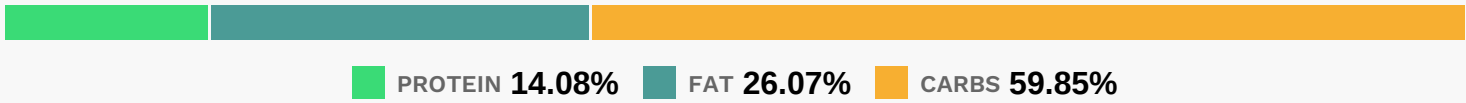
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place baguette slices on a baking sheet.
- ☐ Bake at 375 for 5 minutes, turning slices once.
- ☐ Stir together cheese, butter, and chili powder.
- ☐ Spread cheese mixture onto croutons.
- ☐ Bake at 375 for 7 more minutes.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:51.22, Inflammation Score:-7, Nutrition Score:17.108261069445%

Nutrients (% of daily need)

Calories: 444.36kcal (22.22%), Fat: 12.95g (19.92%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 66.88g (22.29%), Net Carbohydrates: 63.84g (23.22%), Sugar: 5.99g (6.66%), Cholesterol: 6.31mg (2.1%), Sodium: 912.53mg (39.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.46%), Vitamin B1: 0.91mg (60.82%), Selenium: 37.76µg (53.95%), Folate: 158.99µg (39.75%), Vitamin B2: 0.58mg (34.33%), Manganese: 0.68mg (34.11%), Vitamin B3: 6.25mg (31.25%), Iron: 5.16mg (28.69%), Phosphorus: 169.92mg (16.99%), Calcium: 124.33mg (12.43%), Fiber: 3.03g (12.13%), Vitamin A: 578.14IU (11.56%), Magnesium: 44.09mg (11.02%), Zinc: 1.57mg (10.47%), Copper: 0.2mg (10.15%), Vitamin B6: 0.16mg (7.82%), Vitamin E: 0.82mg (5.46%), Potassium: 171.66mg (4.9%), Vitamin B5: 0.46mg (4.56%), Vitamin K: 1.73µg (1.65%), Vitamin B12: 0.07µg (1.14%)