



Chili Croutons



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



408 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups commercial garlic and butter croutons
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon paprika

Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ Place croutons in a large heavy-duty, zip-top plastic bag. Coat croutons with cooking spray.
- ☐ Combine paprika, chili powder, and cumin in a small bowl; sprinkle over croutons in bag. Shake bag to coat.

Nutrition Facts



PROTEIN 0.53% **FAT 99.19%** **CARBS 0.28%**

Properties

Glycemic Index:8.75, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:2.5517391343804%

Nutrients (% of daily need)

Calories: 408.42kcal (20.42%), Fat: 46.1g (70.93%), Saturated Fat: 29.18g (182.37%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.07g (0.08%), Cholesterol: 122.01mg (40.67%), Sodium: 367.33mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin A: 1579.97IU (31.6%), Vitamin E: 1.44mg (9.61%), Vitamin K: 4.31µg (4.11%), Vitamin B12: 0.1µg (1.61%), Calcium: 15.77mg (1.58%), Phosphorus: 15.4mg (1.54%), Vitamin B2: 0.02mg (1.41%)