



Cilantro-Peanut Breadcrumbs



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces torn baguette
- ☐ 1.5 tablespoons sesame oil dark
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon juice of lime
- ☐ 2 tablespoons peanuts chopped

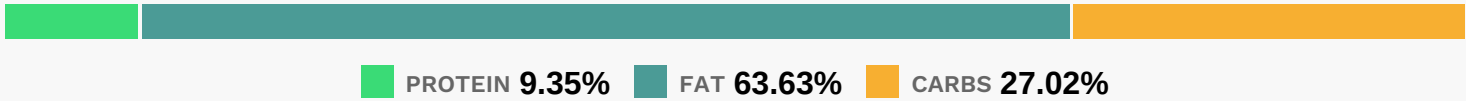
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat sesame oil in a skillet over medium heat. Pulse torn baguette in a food processor for coarse crumbs.
- ☐ Add breadcrumbs, peanuts, and lime juice. Cook for 3 minutes or until toasted. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:1.6130434896635%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 56.12kcal (2.81%), Fat: 4.06g (6.25%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 44.67mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Manganese: 0.1mg (5.09%), Vitamin B1: 0.06mg (3.92%), Vitamin B3: 0.73mg (3.64%), Folate: 14.06µg (3.51%), Vitamin K: 2.64µg (2.51%), Selenium: 1.41µg (2.01%), Iron: 0.35mg (1.97%), Magnesium: 6.77mg (1.69%), Phosphorus: 16.84mg (1.68%), Copper: 0.03mg (1.64%), Fiber: 0.41g (1.63%), Vitamin B2: 0.03mg (1.61%), Calcium: 10.63mg (1.06%)