



Coconut and Chile Breadcrumbs



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons ancho chile powder (gochugaru)
- ☐ 2 ounces torn baguette
- ☐ 1 tablespoon canola oil
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup coconut or unsweetened flaked toasted

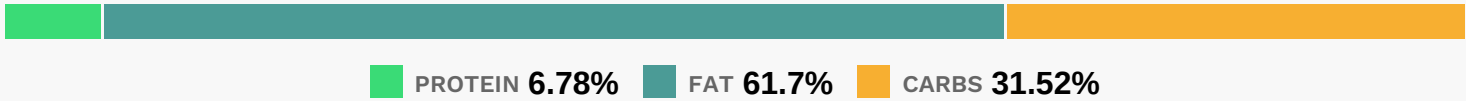
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat canola oil in a skillet over medium-high heat. Pulse torn baguette in a food processor for coarse crumbs.
- ☐ Add the breadcrumbs, and saut for 2 minutes. Stir in coconut, ground Korean chile, and salt.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:1.7273912891422%

Nutrients (% of daily need)

Calories: 52.77kcal (2.64%), Fat: 3.73g (5.74%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.53g (1.28%), Sugar: 0.56g (0.63%), Cholesterol: 0mg (0%), Sodium: 89.32mg (3.88%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.92g (1.85%), Manganese: 0.11mg (5.72%), Vitamin E: 0.53mg (3.53%), Fiber: 0.76g (3.02%), Vitamin A: 148.25IU (2.96%), Vitamin B1: 0.04mg (2.94%), Selenium: 1.81µg (2.59%), Iron: 0.42mg (2.33%), Folate: 7.96µg (1.99%), Vitamin B3: 0.4mg (1.98%), Vitamin K: 2µg (1.9%), Vitamin B2: 0.03mg (1.77%), Copper: 0.03mg (1.74%), Phosphorus: 13.7mg (1.37%), Vitamin B6: 0.03mg (1.29%), Magnesium: 4.98mg (1.24%)