



Crisp Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



662 kcal

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon paprika
- ☐ 6 cups bread french cubed () (6 ounces)

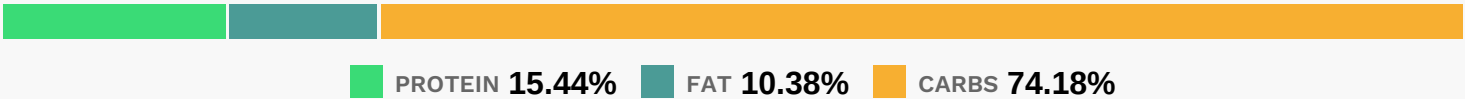
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine all ingredients in a roasting or jelly roll pan; toss well to coat.
- ☐ Bake at 350 for 20 minutes or until toasted; turning once.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:94.67, Inflammation Score:-8, Nutrition Score:28.453043727123%

Nutrients (% of daily need)

Calories: 662.33kcal (33.12%), Fat: 7.66g (11.79%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 123.23g (41.08%), Net Carbohydrates: 117.86g (42.86%), Sugar: 10.99g (12.21%), Cholesterol: 5.02mg (1.67%), Sodium: 1439.73mg (62.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.31%), Vitamin B1: 1.68mg (112.17%), Selenium: 67.76µg (96.79%), Folate: 291.45µg (72.86%), Manganese: 1.25mg (62.47%), Vitamin B2: 1.02mg (59.73%), Vitamin B3: 11.44mg (57.2%), Iron: 9.33mg (51.86%), Phosphorus: 251.1mg (25.11%), Fiber: 5.37g (21.49%), Magnesium: 76.72mg (19.18%), Copper: 0.36mg (18.2%), Zinc: 2.49mg (16.6%), Vitamin B6: 0.26mg (13.14%), Calcium: 125.63mg (12.56%), Potassium: 288.25mg (8.24%), Vitamin B5: 0.8mg (8.04%), Vitamin A: 222.49IU (4.45%), Vitamin E: 0.65mg (4.33%), Vitamin K: 2.1µg (2%)