



Croutons

READY IN



45 min.

SERVINGS



3

CALORIES



404 kcal

SIDE DISH

Ingredients

- 6 slices bread
- 3 servings cheese
- 3 servings croutons
- 3 servings vegetable oil

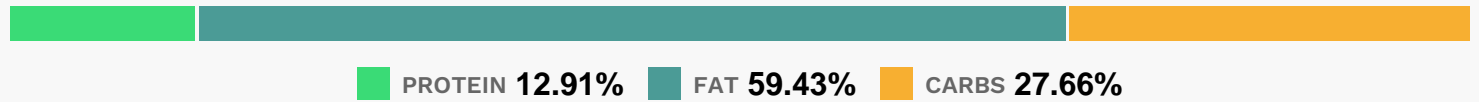
Equipment

- slotted spoon

Directions

- Remove crust from bread slices.
- Cut bread into 3/8-inch cubes. Drop cubes into deep, hot oil (375), and cook until lightly browned.
- Remove with a slotted spoon; drain.
- Serve Croutons with soups or stews.

Nutrition Facts



Properties

Glycemic Index:52.56, Glycemic Load:14.98, Inflammation Score:-4, Nutrition Score:12.576521754913%

Nutrients (% of daily need)

Calories: 403.67kcal (20.18%), Fat: 26.8g (41.24%), Saturated Fat: 8.3g (51.88%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 25.78g (9.37%), Sugar: 3.31g (3.68%), Cholesterol: 30mg (10%), Sodium: 468.06mg (20.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.2%), Selenium: 24.99µg (35.7%), Manganese: 0.68mg (33.78%), Calcium: 282.86mg (28.29%), Vitamin K: 29.21µg (27.82%), Phosphorus: 210.79mg (21.08%), Vitamin B1: 0.25mg (16.34%), Vitamin B2: 0.28mg (16.24%), Vitamin B3: 3.2mg (16%), Folate: 55.22µg (13.81%), Iron: 2.11mg (11.71%), Zinc: 1.69mg (11.28%), Vitamin E: 1.48mg (9.84%), Fiber: 2.29g (9.16%), Magnesium: 31.37mg (7.84%), Vitamin A: 301.72IU (6.03%), Vitamin B5: 0.59mg (5.87%), Vitamin B12: 0.32µg (5.3%), Copper: 0.09mg (4.72%), Vitamin B6: 0.08mg (4.16%), Potassium: 103.3mg (2.95%), Vitamin D: 0.18µg (1.2%)