



French Toast Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter melted
- 4 slices challah bread (1-inch)
- 1 teaspoon ground cinnamon
- 1 teaspoon sugar

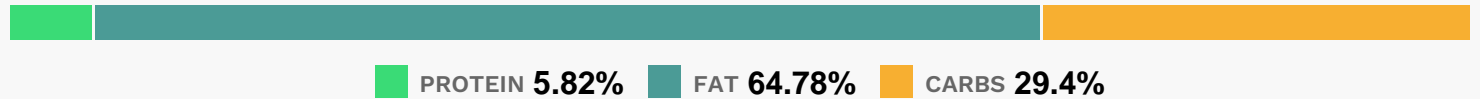
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 37
- Cut challah bread slices into 1/2-inch cubes. Stir together sugar and ground cinnamon in a large bowl.
- Add bread cubes and melted butter; toss to coat.
- Bake in a single layer on a baking sheet 10 minutes or until crisp. Cool completely.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:3.6626087249783%

Nutrients (% of daily need)

Calories: 180.32kcal (9.02%), Fat: 13.1g (20.16%), Saturated Fat: 7.71g (48.22%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 12.63g (4.59%), Sugar: 0.98g (1.09%), Cholesterol: 44.02mg (14.67%), Sodium: 191.96mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Selenium: 8.13µg (11.61%), Manganese: 0.18mg (8.81%), Vitamin A: 411.2IU (8.22%), Vitamin B1: 0.12mg (7.79%), Vitamin B2: 0.12mg (7.09%), Folate: 28.27µg (7.07%), Vitamin B3: 1.29mg (6.47%), Iron: 0.83mg (4.61%), Phosphorus: 31.66mg (3.17%), Calcium: 30.56mg (3.06%), Fiber: 0.74g (2.97%), Vitamin E: 0.4mg (2.69%), Copper: 0.04mg (2.19%), Zinc: 0.23mg (1.51%), Magnesium: 5.47mg (1.37%), Vitamin K: 1.31µg (1.25%)