



Garlic Croutons

 Vegetarian

READY IN



12 min.

SERVINGS



10

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 large dinner yeast rolls cubed ()
- ☐ 2 large garlic cloves pressed
- ☐ 0.8 teaspoon ground pepper red

Equipment

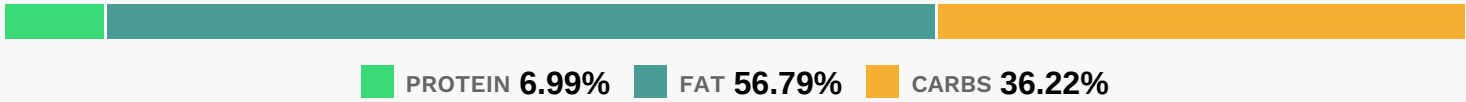
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

☐ wax paper

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add garlic and red pepper; saut 30 seconds.
- ☐ Remove from heat; stir in bread cubes until evenly coated.
- ☐ Spread bread cubes in an even layer on a lightly greased aluminum foil-lined jelly-roll pan.
- ☐ Bake at 300 for 20 to 25 minutes or until browned and crisp, stirring occasionally.
- ☐ Spread in a single layer on wax paper to cool completely. Store in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:2.5186956330486%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.02kcal (4.45%), Fat: 5.71g (8.79%), Saturated Fat: 3.18g (19.88%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.49g (2.72%), Sugar: 0.31g (0.34%), Cholesterol: 12.2mg (4.07%), Sodium: 126.77mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Manganese: 0.19mg (9.45%), Selenium: 5.83µg (8.33%), Vitamin B1: 0.08mg (5.1%), Vitamin A: 204.29IU (4.09%), Vitamin B3: 0.72mg (3.6%), Iron: 0.63mg (3.52%), Calcium: 32.94mg (3.29%), Vitamin B2: 0.05mg (3%), Fiber: 0.71g (2.83%), Folate: 10.67µg (2.67%), Phosphorus: 20.61mg (2.06%), Magnesium: 6.68mg (1.67%), Vitamin E: 0.24mg (1.59%), Copper: 0.03mg (1.41%), Vitamin B6: 0.02mg (1.22%), Zinc: 0.17mg (1.14%)