

Garlic Croutons

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 3 slices bread french cut into cubes (3/)
- ☐ 1 clove garlic minced

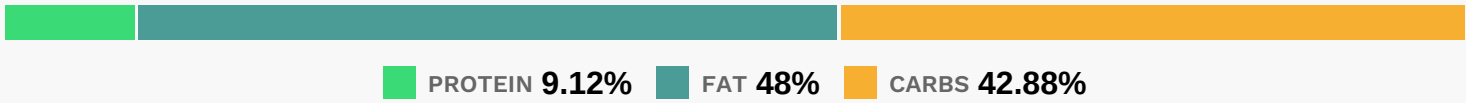
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large saute pan, melt butter over medium heat. Stir in garlic; cook and stir for 1 minute.
- ☐ Add bread cubes, and toss to coat.
- ☐ Spread on a baking sheet.
- ☐ Bake for 15 minutes, or until crisp and dry. Check frequently to prevent burning. Cool.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:12.85, Inflammation Score:-3, Nutrition Score:4.2834782963214%

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: 154.71kcal (7.74%), Fat: 8.35g (12.84%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 16.06g (5.84%), Sugar: 1.49g (1.65%), Cholesterol: 20.07mg (6.69%), Sodium: 252.74mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin B1: 0.23mg (15.24%), Selenium: 9.32µg (13.31%), Folate: 39.65µg (9.91%), Manganese: 0.18mg (8.8%), Vitamin B2: 0.14mg (8.26%), Vitamin B3: 1.55mg (7.75%), Iron: 1.26mg (7.01%), Vitamin A: 233.29IU (4.67%), Phosphorus: 36.6mg (3.66%), Fiber: 0.71g (2.86%), Magnesium: 10.55mg (2.64%), Copper: 0.05mg (2.51%), Zinc: 0.35mg (2.31%), Vitamin B6: 0.04mg (2.04%), Calcium: 19.78mg (1.98%), Vitamin E: 0.28mg (1.89%), Vitamin B5: 0.12mg (1.2%), Potassium: 41.69mg (1.19%)