



Garlic-Parmesan Croutons

READY IN



25 min.

SERVINGS



3

CALORIES



306 kcal

SIDE DISH

Ingredients

- 5 slices day-old bread with crusts removed, cut into cubes thick
- 5 tablespoons butter melted
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon parmesan cheese grated
- 0.5 teaspoon salt

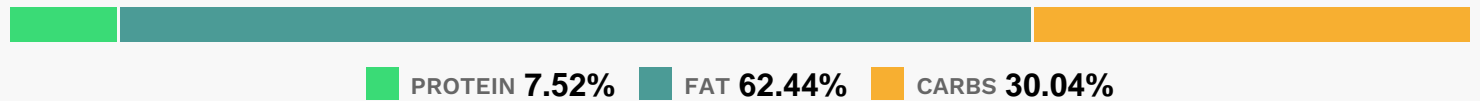
Equipment

- bowl
- baking sheet
- oven
- spatula

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Mix butter, Parmesan cheese, oregano, thyme, garlic powder, and salt together in a large, flat-bottomed bowl; add bread cubes and turn with a spatula to coat.
- Spread coated bread cubes onto a baking sheet.
- Bake in preheated oven until golden brown, 15 to 20 minutes. Cool croutons completely before storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:39.56, Glycemic Load:11.94, Inflammation Score:-8, Nutrition Score:8.1700000051895%

Nutrients (% of daily need)

Calories: 305.97kcal (15.3%), Fat: 21.54g (33.14%), Saturated Fat: 12.59g (78.68%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 21.06g (7.66%), Sugar: 2.73g (3.03%), Cholesterol: 51.6mg (17.2%), Sodium: 787.66mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Manganese: 0.61mg (30.5%), Selenium: 14.41µg (20.58%), Vitamin B3: 2.66mg (13.31%), Vitamin B1: 0.2mg (13.17%), Vitamin A: 615.92IU (12.32%), Iron: 2.17mg (12.08%), Folate: 42.74µg (10.68%), Vitamin K: 10.95µg (10.43%), Calcium: 92.89mg (9.29%), Fiber: 2.26g (9.03%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 79.61mg (7.96%), Magnesium: 22.74mg (5.68%), Vitamin E: 0.78mg (5.17%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.62mg (4.14%), Copper: 0.08mg (3.92%), Vitamin B6: 0.07mg (3.5%), Potassium: 90.22mg (2.58%), Vitamin B12: 0.06µg (1.03%)