



Garlicky Herb Croutons

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

- 1 tablespoon teaspoon basil dried fresh chopped
- 0.3 cup butter
- 2 garlic cloves minced
- 1 tablespoon teaspoon ground sage fresh chopped
- 1 tablespoon teaspoon oregano dried fresh chopped
- 0.5 teaspoon salt

Equipment

- frying pan

- baking sheet
- oven
- ziploc bags

Directions

- Melt butter in a skillet.
- Add garlic, and saut just until fragrant.
- Remove from heat; cool.
- Place bread cubes in a large zip-top plastic bag; add garlic butter. Seal bag, and shake to coat.
- Add herbs and salt to bag. Reseal bag, and toss well. Arrange cubes on an ungreased baking sheet or jellyroll pan.
- Bake at 375, stirring occasionally, for 10 to 12 minutes or until crisp.

Nutrition Facts

 **PROTEIN 1.21%**  **FAT 93.78%**  **CARBS 5.01%**

Properties

Glycemic Index:13.13, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:1.4634782419257%

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: 71.62kcal (3.58%), Fat: 7.68g (11.81%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 234.86mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin K: 9.22µg (8.78%), Vitamin A: 376.96IU (7.54%), Vitamin E: 0.43mg (2.86%), Manganese: 0.05mg (2.74%), Calcium: 18.84mg (1.88%), Iron: 0.32mg (1.79%), Fiber: 0.39g (1.54%), Vitamin B6: 0.02mg (1.19%)