



Herbed Breadcrumbs

 Gluten Free

READY IN



23 min.

SERVINGS



15

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons parsley fresh chopped
- 2 teaspoons rosemary fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 1 teaspoon garlic minced
- 3 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 15 servings salt and pepper to taste

Equipment

- food processor
- frying pan

Directions

- Process bread in a food processor 20 seconds or until coarsely ground.
- Cook breadcrumbs and garlic in hot oil in a large nonstick skillet, stirring often, 5 to 7 minutes or until lightly browned. Stir in parsley, thyme, and rosemary, and cook 30 seconds.
- Remove from heat, and stir in Parmesan cheese. Season with salt and pepper to taste.
- Note: Breadcrumbs can be frozen for up to 1 month. Saut frozen breadcrumbs in a lightly greased skillet 3 to 4 minutes or until crisp.

Nutrition Facts

PROTEIN 6.56% **FAT 88.74%** **CARBS 4.7%**

Properties

Glycemic Index:7.13, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:1.2765217376468%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 32.64kcal (1.63%), Fat: 3.28g (5.04%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.01g (0.01%), Cholesterol: 1.45mg (0.48%), Sodium: 223.52mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin K: 14.84µg (14.13%), Vitamin E: 0.42mg (2.79%), Vitamin A: 94.89IU (1.9%), Vitamin C: 1.56mg (1.89%), Calcium: 17.47mg (1.75%), Phosphorus: 11.63mg (1.16%)