



Italian Baguette Chips

READY IN



45 min.

SERVINGS



40

CALORIES



5 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 10 inch diagonally bread baguette french cut
- ☐ 1 teaspoon basil dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon salt

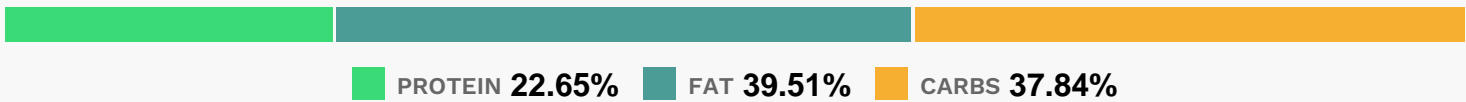
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ To prepare Italian seasoning, combine first 6 ingredients in a small bowl.
- ☐ To prepare chips, arrange the bread slices on 2 baking sheets coated with cooking spray. Coat bread with cooking spray.
- ☐ Sprinkle 4 teaspoons Italian seasoning over bread.
- ☐ Bake at 375 for 8 minutes or until crisp.
- ☐ Note: Store remaining Italian seasoning in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.26695651803976%

Nutrients (% of daily need)

Calories: 4.66kcal (0.23%), Fat: 0.21g (0.32%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.04g (0.04%), Cholesterol: 0.54mg (0.18%), Sodium: 28.52mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%)