



Italian Breadcrumbs Mix

READY IN



45 min.

SERVINGS



5

CALORIES



89 kcal

SIDE DISH

Ingredients

- 0.7 cup breadcrumbs dry fine
- 2 tablespoons parsley fresh chopped
- 1.5 teaspoons sea salt dried
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon pepper

Equipment

Directions

Stir together all ingredients. Use mix for seasoning fish, chicken, or pork.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:5.0278260409832%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg

Nutrients (% of daily need)

Calories: 89kcal (4.45%), Fat: 2.66g (4.09%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.24g (4.09%), Sugar: 0.93g (1.04%), Cholesterol: 5.8mg (1.93%), Sodium: 223.55mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Vitamin K: 27.63µg (26.32%), Vitamin B1: 0.15mg (9.77%), Calcium: 89.09mg (8.91%), Selenium: 6.19µg (8.84%), Manganese: 0.17mg (8.74%), Phosphorus: 71mg (7.1%), Iron: 0.89mg (4.97%), Vitamin B2: 0.08mg (4.95%), Vitamin B3: 0.99mg (4.95%), Folate: 18.7µg (4.67%), Vitamin A: 193.54IU (3.87%), Zinc: 0.54mg (3.63%), Fiber: 0.83g (3.33%), Magnesium: 10.36mg (2.59%), Vitamin C: 2.14mg (2.59%), Copper: 0.05mg (2.46%), Vitamin B12: 0.14µg (2.34%), Vitamin B6: 0.04mg (1.99%), Potassium: 62.75mg (1.79%), Vitamin B5: 0.12mg (1.17%)