



Lemony Breading Mix

READY IN



10 min.

SERVINGS



10

CALORIES



83 kcal

SIDE DISH

Ingredients

- 8 slices bread
- 2 teaspoons lemon rind grated
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon pepper

Equipment

- food processor

Directions

- Place bread in food processor, and pulse to form fine crumbs.
- Combine breadcrumbs, Parmesan cheese, grated lemon rind, and 1/2 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:5.73, Inflammation Score:-1, Nutrition Score:3.7656521363103%

Nutrients (% of daily need)

Calories: 82.86kcal (4.14%), Fat: 2.42g (3.72%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.42g (3.79%), Sugar: 1.3g (1.45%), Cholesterol: 4.35mg (1.45%), Sodium: 193.5mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Manganese: 0.28mg (14.2%), Selenium: 8.21µg (11.73%), Calcium: 73.18mg (7.32%), Vitamin B3: 1.26mg (6.29%), Vitamin B1: 0.09mg (6.25%), Phosphorus: 60.8mg (6.08%), Folate: 19.41µg (4.85%), Iron: 0.84mg (4.68%), Vitamin B2: 0.07mg (4.36%), Fiber: 0.96g (3.85%), Zinc: 0.45mg (3.01%), Magnesium: 11.16mg (2.79%), Vitamin B5: 0.2mg (2.03%), Copper: 0.04mg (1.84%), Vitamin B6: 0.03mg (1.49%), Vitamin K: 1.35µg (1.28%), Potassium: 42.75mg (1.22%), Vitamin B12: 0.07µg (1.13%)