



Olive Croutons

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- 4 slices ciabatta bread cut into cubes
- 1 tablespoon olive oil extra-virgin

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Stir olive oil and tapenade together in a large bowl; add bread cubes and stir to coat.
- Spread cubes onto a baking sheet.
- Bake in preheated oven until golden brown, 8 to 10 minutes. Cool completely before storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.29173912626246%

Nutrients (% of daily need)

Calories: 95.06kcal (4.75%), Fat: 3.7g (5.69%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.82g (4.66%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 137.27mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin E: 0.5mg (3.36%), Vitamin K: 2.11µg (2.01%), Fiber: 0.31g (1.23%)