



Pancetta-Rosemary Croutons

 Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 ounces pancetta finely chopped
- ☐ 2 cups sourdough bread cubed (1-inch)

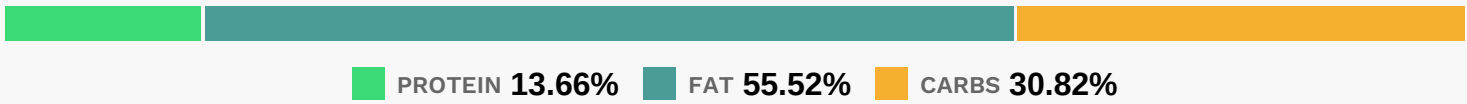
Equipment

- ☐ frying pan

Directions

- ☐ Cook pancetta in a nonstick skillet over medium-low heat 4 minutes or until golden brown and crisp.
- ☐ Remove pancetta from skillet; drain. Cook bread cubes in drippings in pan, stirring frequently, 7 minutes or until golden and crisp. Stir in rosemary; cook 1 minute. Stir pancetta into bread cubes.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:3.73, Inflammation Score:-1, Nutrition Score:1.7104347780671%

Nutrients (% of daily need)

Calories: 64.81kcal (3.24%), Fat: 3.98g (6.12%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.76g (1.73%), Sugar: 0.43g (0.48%), Cholesterol: 6.24mg (2.08%), Sodium: 118.75mg (5.16%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Selenium: 4.57µg (6.53%), Vitamin B1: 0.09mg (6.16%), Vitamin B3: 0.83mg (4.15%), Folate: 11.5µg (2.87%), Vitamin B2: 0.05mg (2.8%), Manganese: 0.05mg (2.51%), Phosphorus: 23.42mg (2.34%), Iron: 0.4mg (2.25%), Vitamin B6: 0.04mg (1.76%), Zinc: 0.21mg (1.39%), Magnesium: 4.14mg (1.03%)