



Rosemary Biscuit Croutons

READY IN



165 min.

SERVINGS



8

CALORIES



126 kcal

Ingredients

- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 6 biscuits frozen
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese freshly grated

Equipment

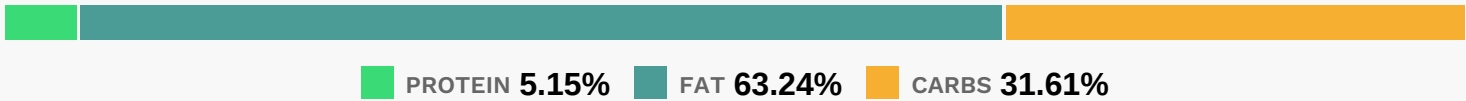
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Place biscuits on a baking sheet.
- ☐ Bake 18 to 20 minutes or until golden brown.
- ☐ Let biscuits cool completely (about 30 minutes). Reduce oven temperature to 25
- ☐ Cut biscuits into 1/2-inch cubes. Saut rosemary and pepper in hot oil over medium heat 30 seconds to 1 minute or until fragrant. Toss biscuits with oil mixture, and place in a single layer on a lightly greased aluminum foil-lined jelly-roll pan.
- ☐ Bake at 250 for 1 hour and 20 minutes or until golden brown and crisp, stirring every 20 to 30 minutes.
- ☐ Sprinkle with cheese; bake 10 more minutes.
- ☐ Let cool completely (about 15 minutes). Store in an airtight container up to 3 days.
- ☐ Note: We tested with Mary B's Buttermilk Biscuits.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:6.23, Inflammation Score:-1, Nutrition Score:2.6900000307385%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 125.93kcal (6.3%), Fat: 8.95g (13.76%), Saturated Fat: 1.42g (8.91%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.76g (3.55%), Sugar: 0.71g (0.78%), Cholesterol: 1.29mg (0.43%), Sodium: 212.77mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Phosphorus: 95.21mg (9.52%), Vitamin E: 1.03mg (6.87%), Selenium: 4.25µg (6.07%), Vitamin B1: 0.09mg (5.8%), Manganese: 0.1mg (4.83%), Vitamin K: 4.22µg (4.02%), Iron: 0.72mg (3.98%), Vitamin B2: 0.06mg (3.75%), Folate: 14.3µg (3.57%), Vitamin B3: 0.68mg (3.41%), Calcium: 21.66mg (2.17%), Potassium: 49.54mg (1.42%), Fiber: 0.3g (1.19%), Magnesium: 4.12mg (1.03%), Zinc: 0.15mg (1.02%)