



Rosemary Croutons

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups unseasoned bread cubes french (1-inch)
- 0.3 cup butter
- 2 teaspoons rosemary fresh chopped
- 2 garlic cloves minced
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

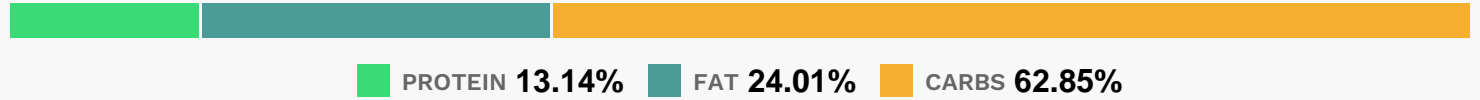
Equipment

- frying pan

Directions

- Melt butter in a large nonstick skillet; add garlic and next 3 ingredients. Saut 1 minute over medium heat.
- Add bread cubes, tossing gently to coat.
- Cook over medium heat, stirring occasionally, 15 minutes or until bread is lightly toasted.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:94.8, Inflammation Score:-9, Nutrition Score:29.108695856903%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 781.99kcal (39.1%), Fat: 20.97g (32.26%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 123.51g (41.17%), Net Carbohydrates: 118.25g (43%), Sugar: 10.95g (12.16%), Cholesterol: 0mg (0%), Sodium: 1748.27mg (76.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.65%), Vitamin B1: 1.68mg (112.32%), Selenium: 67.88µg (96.97%), Folate: 291.3µg (72.83%), Manganese: 1.27mg (63.68%), Vitamin B2: 1.02mg (59.95%), Vitamin B3: 11.42mg (57.1%), Iron: 9.29mg (51.59%), Phosphorus: 255.2mg (25.52%), Fiber: 5.26g (21.04%), Magnesium: 76.81mg (19.2%), Copper: 0.37mg (18.26%), Zinc: 2.48mg (16.53%), Vitamin B6: 0.27mg (13.69%), Vitamin A: 678.59IU (13.57%), Calcium: 131.94mg (13.19%), Potassium: 291.96mg (8.34%), Vitamin B5: 0.82mg (8.16%), Vitamin E: 1.09mg (7.23%), Vitamin K: 1.78µg (1.7%)