



Toasted Breadcrumbs

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



71 kcal

Ingredients

8 servings bread whole wheat your favorite

Equipment

food processor

bowl

oven

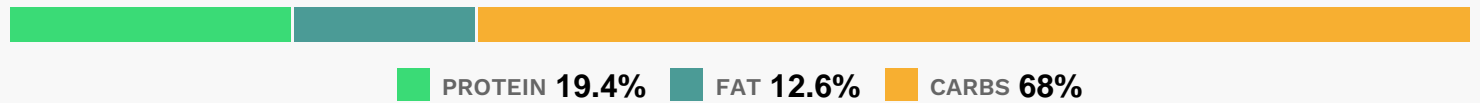
wire rack

tongs

Directions

- Preheat oven to 250 degrees F (120 degrees C).
- Using tongs, place bread slices directly on oven racks. Leave in oven until hard and golden brown, about 30 minutes; darker if you prefer.
- Remove and cool on wire rack.
- Crumble slices into a large bowl until reduced to fine crumbs, or place in bowl of food processor and process until fine.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:7.24, Inflammation Score:-1, Nutrition Score:4.455217336345%

Nutrients (% of daily need)

Calories: 71.12kcal (3.56%), Fat: 0.99g (1.53%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 10.39g (3.78%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 126mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Manganese: 0.6mg (29.89%), Selenium: 7.22µg (10.32%), Vitamin B1: 0.11mg (7.3%), Fiber: 1.68g (6.72%), Vitamin B3: 1.24mg (6.2%), Phosphorus: 59.36mg (5.94%), Magnesium: 21.56mg (5.39%), Calcium: 45.64mg (4.56%), Iron: 0.72mg (3.98%), Zinc: 0.49mg (3.29%), Copper: 0.06mg (3.16%), Vitamin B6: 0.06mg (3.02%), Folate: 11.76µg (2.94%), Vitamin B2: 0.05mg (2.73%), Vitamin K: 2.18µg (2.08%), Potassium: 70mg (2%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.15mg (1.01%)