



Toasted Breadcrumbs



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

Ingredients

- ☐ 4 servings kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 0.3 loaf of rustic bread fresh white good (or day-old)

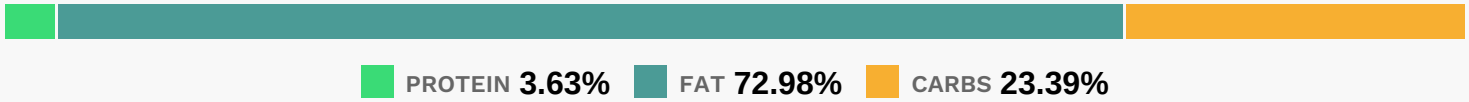
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

Don't worry about making the crumbs uniform; there's more textural goodness to be had when the crumb size varies. Tear about 1/4 of a good loaf of rustic white bread (fresh or day-old) until you've got 2 cups 1" crustless bread crumbs. Pulse in a food processor until crumbs are coarse. Toast crumbs in about 3 tablespoons olive oil in a large skillet over medium-high heat, tossing frequently, until crunchy and golden brown, about 5 minutes. Season with kosher salt and let cool on a paper towel-lined plate. DO AHEAD: Bread crumbs can be made 1 day ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8747826113325%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 250.8kcal (12.54%), Fat: 20.49g (31.53%), Saturated Fat: 6.89g (43.03%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 13.79g (5.01%), Sugar: 8.75g (9.72%), Cholesterol: 0mg (0%), Sodium: 299.04mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin E: 1.51mg (10.08%), Vitamin B3: 1.27mg (6.37%), Vitamin K: 6.32µg (6.02%), Folate: 17.84µg (4.46%), Fiber: 0.99g (3.96%), Iron: 0.65mg (3.64%), Vitamin B1: 0.04mg (2.64%), Potassium: 61.58mg (1.76%), Vitamin B2: 0.03mg (1.5%), Magnesium: 4.82mg (1.2%), Phosphorus: 10.48mg (1.05%)