



Tomalley Croutons

READY IN



45 min.

SERVINGS



20

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette french (long bread)
- ☐ 1 teaspoon garlic chopped
- ☐ 0.5 cup lobster tomalley cooked
- ☐ 2 tablespoons onion chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 20 servings salt and pepper freshly ground
- ☐ 4 tablespoons butter unsalted softened

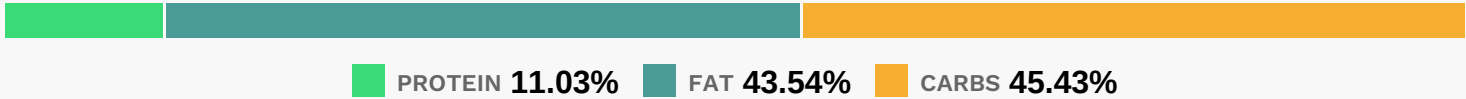
Equipment

- ☐ oven
- ☐ broiler

Directions

- ☐ Sauté the garlic and onion in 1 tablespoon butter.
- ☐ Let cool somewhat, then mix with the remaining butter and parsley. Whip in the tomalley and season to taste with salt and pepper.
- ☐ Preheat the oven to 400 degrees. Slice the French bread 3/8 inch thick and toast on both sides.
- ☐ Spread each piece with the tomalley–butter mixture.
- ☐ Place on a sheetpan and put in the pre–heated oven or under a broiler until croutons are crispy and hot.
- ☐ Serve immediately.
- ☐ Jasper White's Cooking from New England by Jasper White
- ☐ Biscuit Books

Nutrition Facts



Properties

Glycemic Index:8.04, Glycemic Load:4.16, Inflammation Score:-1, Nutrition Score:1.8369565334009%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 54.36kcal (2.72%), Fat: 2.63g (4.04%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 5.88g (2.14%), Sugar: 0.63g (0.7%), Cholesterol: 8.03mg (2.68%), Sodium: 278.22mg (12.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin B1: 0.07mg (4.94%), Selenium: 3.21µg (4.59%), Vitamin K: 3.86µg (3.67%), Folate: 14.12µg (3.53%), Manganese: 0.06mg (3.18%), Vitamin B3: 0.6mg (2.99%), Iron: 0.45mg (2.53%), Vitamin B2: 0.04mg (2.47%), Copper: 0.04mg (1.91%), Vitamin A: 86.92IU (1.74%), Calcium:

16.02mg (1.6%), Phosphorus: 15.73mg (1.57%), Fiber: 0.29g (1.16%), Zinc: 0.16mg (1.09%), Magnesium: 4.15mg (1.04%)