



Very Yummy Croutons

 Vegetarian

READY IN



25 min.

SERVINGS



7

CALORIES



436 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bread with crusts removed, cut into cubes
- ☐ 1.5 cups butter melted
- ☐ 2 teaspoons garlic salt

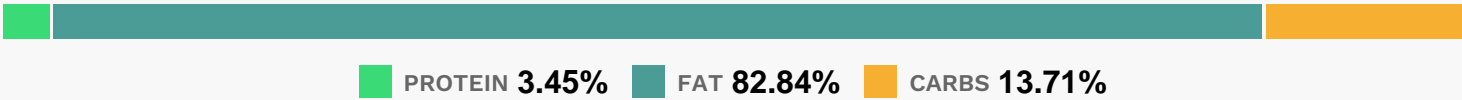
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Drizzle melted butter over bread cubes in a large bowl; toss until butter is completely soaked into bread.
- ☐ Spread bread cubes onto a baking sheet.
- ☐ Sprinkle garlic salt evenly over the cubes.
- ☐ Bake in preheated oven until golden brown, about 15 minutes. Cool completely before storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:15.52, Glycemic Load:8.18, Inflammation Score:-6, Nutrition Score:6.0665216944788%

Nutrients (% of daily need)

Calories: 436.45kcal (21.82%), Fat: 40.9g (62.92%), Saturated Fat: 25.23g (157.66%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 13.95g (5.07%), Sugar: 1.86g (2.07%), Cholesterol: 104.58mg (34.86%), Sodium: 1128.56mg (49.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin A: 1216.22IU (24.32%), Manganese: 0.38mg (19.16%), Selenium: 9.7µg (13.86%), Vitamin B3: 1.81mg (9.05%), Vitamin B1: 0.13mg (8.93%), Vitamin E: 1.19mg (7.93%), Folate: 28.66µg (7.16%), Iron: 1.17mg (6.49%), Vitamin B2: 0.1mg (5.72%), Phosphorus: 52.95mg (5.3%), Calcium: 52.09mg (5.21%), Fiber: 1.28g (5.12%), Vitamin K: 4.97µg (4.74%), Magnesium: 14.11mg (3.53%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.38mg (2.52%), Copper: 0.05mg (2.39%), Vitamin B6: 0.04mg (1.85%), Potassium: 56.93mg (1.63%), Vitamin B12: 0.08µg (1.38%)