



Yummy Garlic Croutons

 Vegetarian  Vegan  Dairy Free

READY IN



13 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

Ingredients

- 1 pound day old bread french
- 2 tablespoons basil dried
- 2 tablespoons garlic powder
- 0.5 cup vegetable oil

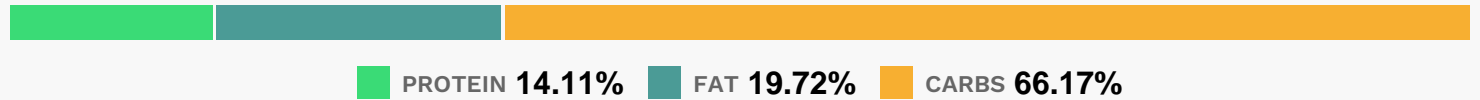
Equipment

- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Cut bread into small cubes and place onto a shallow baking pan or cookie sheet.
- Drizzle oil over the bread to lightly cover and sprinkle with garlic powder and basil.
- Bake at 400 degrees F (200 degrees C) for 5 to 10 minutes or until lightly brown and toasted.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:30.33, Inflammation Score:-4, Nutrition Score:12.183043500813%

Nutrients (% of daily need)

Calories: 249.68kcal (12.48%), Fat: 5.54g (8.52%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 39.41g (14.33%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 457.72mg (19.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Vitamin B1: 0.55mg (36.63%), Selenium: 22.3µg (31.86%), Vitamin K: 30.08µg (28.65%), Manganese: 0.55mg (27.65%), Folate: 98.37µg (24.59%), Iron: 4.3mg (23.91%), Vitamin B2: 0.34mg (20.15%), Vitamin B3: 3.73mg (18.65%), Fiber: 2.41g (9.62%), Phosphorus: 94.07mg (9.41%), Magnesium: 35.72mg (8.93%), Copper: 0.16mg (7.86%), Vitamin B6: 0.14mg (7.14%), Calcium: 71.28mg (7.13%), Zinc: 0.96mg (6.4%), Potassium: 155.33mg (4.44%), Vitamin E: 0.62mg (4.11%), Vitamin B5: 0.28mg (2.83%)