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Seasoned Croutons ♦♦

Seasoned croutons are a delicious addition to salads, soups, and other dishes. They are made by toasting bread cubes and tossing them with a mixture of herbs and spices. These croutons add a crunchy texture and savory flavor to any dish.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Bread
2 tbsp	olive oil
1 tsp	garlic powder
1 tsp	dried thyme
1 tsp	dried oregano

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the bread into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the olive oil, garlic powder, dried thyme, dried oregano, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the bread cubes to the bowl and toss to coat them evenly with the seasoning mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Spread the seasoned bread cubes in a single layer on a baking sheet.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Baking

Bake in the preheated oven for 15 minutes, or until the croutons are golden and crispy.

Prep Time: 0 mins

Cook Time: 15 mins

Nutrition Facts

Calories: 180 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 29 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	29 g	52.73%	58%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	80 mg	2.35%	3.08%
Zinc	4 mg	36.36%	50%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Winter Summer Fall

Events

Barbecue

Course

Salads Snacks Soups

Cooking Method

Boiling Blanching Serving

Meal Type

Lunch Snack

Difficulty Level

Easy

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