



Healthdor

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## Croutons

Croutons are small, toasted or fried pieces of bread that are often used as a topping for salads or soups. They add crunch and flavor to dishes and can be made from various types of bread.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 4

**Serving Size:** 25 g

### Ingredients

<b>4 slices</b>	Bread
<b>2 tbsp</b>	olive oil
<b>1 teaspoon</b>	garlic powder
<b>1 teaspoon</b>	salt

0.5 black pepper  
teaspoon

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the bread into small cubes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, combine the olive oil, garlic powder, salt, and black pepper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Add the bread cubes to the bowl and toss until they are coated with the oil mixture.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Baking

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

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

Baking

Bake for 10 minutes or until the croutons are golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Nutrition Facts

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**Calories:** 122 kcal

**Fat: 7 g**

**Protein: 2 g**

**Carbohydrates: 12 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
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	293 mg	12.74%	12.74%
Calcium	2 mg	0.2%	0.2%
Iron	5 mg	62.5%	27.78%
Potassium	34 mg	1%	1.31%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Events

Barbecue

### Course

Salads

Snacks

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

### Meal Type

Snack

Supper

### Difficulty Level

Easy

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