

# Croutons

<b>Servings:</b>	20.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56863
<b>School:</b>	CHS - Indiana		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	20 Slice		266546
SPRAY MIST GARL ZESTY	20 Serving		542344
SEASONING GARLIC ROMANO	2 2/5 Teaspoon		655279

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	163.60
<b>Fat</b>	3.44g
<b>Saturated Fat</b>	0.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	288.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

### Nutrition - Per 100g

No 100g Conversion Available