

Homemade Croutons

Servings:	20.00	Category:	Grain
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51562
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	20 Each		266547
BUTTER PRINT UNSLTD GRD AA	1/4 Cup		299405
SEASONING GARLIC HRB NO SALT	2 Teaspoon		565164

Preparation Instructions

1. Cut bread in to cubes, making 3 vertical cuts from top to bottom and horizontal cuts across that gives you approx 9 cubes per slice
2. Melt 1/4 cup of butter and pour into a large mixing bowl.
3. Toss all of your bread cubes from all of your cubed bread into your melted butter
4. Add 2 tsp of garlic seasoning and mix together well
5. Place bread cubes on a single layer on a baking sheet (not to close to each other) and bake at 375 for 7-12 mins oven times may vary
6. Bake until golden brown and slightly crisp.
7. Serve a 1/4 c approx 9-10 pieces of croutons on salads to create a 1 grain equivalent.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	22.42
Fat	2.23g
Saturated Fat	1.40g
Trans Fat	0.00g
Cholesterol	6.00mg
Sodium	4.09mg
Carbohydrates	0.88g
Fiber	0.06g
Total Sugar	0.06g
Added Sugar	0.06g
Protein	0.09g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.51mg	Iron 0.03mg

Nutrition - Per 100g

Calories	792.38
Fat	78.81g
Saturated Fat	49.47g
Trans Fat	0.00g
Cholesterol	212.01mg
Sodium	144.56mg
Carbohydrates	31.27g
Fiber	2.14g
Total Sugar	2.14g
Added Sugar	2.14g
Protein	3.21g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 53.32mg	Iron 1.07mg