

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 | 100.00 |
| Fat | 3.20g |
| Saturated Fat | 1.40g |
| Trans Fat | 0.00g |
| Cholesterol | 6.00mg |
| Sodium | 135.00mg |
| Carbohydrates | 16.40g |
| Fiber | 2.00g |
| Total Sugar | 2.00g |
| Added Sugar | 2.00g |
| Protein | 3.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 30.60mg | Iron 1.00mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 3533.57 |
| Fat | 113.07g |
| Saturated Fat | 49.47g |
| Trans Fat | 0.00g |
| Cholesterol | 212.01mg |
| Sodium | 4770.32mg |
| Carbohydrates | 579.51g |
| Fiber | 70.67g |
| Total Sugar | 70.67g |
| Added Sugar | 70.67g |
| Protein | 106.01g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 1081.27mg | Iron 35.34mg |