

# Homemade Croutons

<b>Servings:</b>	20.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51562
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<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: 20.00

Serving Size: 0.25 Cup

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	3.20g
<b>Saturated Fat</b>	1.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	16.40g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.60mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

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