

# Sourdough Croutons

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## Yield: 4 cups

4 cups sourdough bread cubes

1 tablespoon olive oil

1/4 teaspoon garlic salt

1 tablespoon olive oil

Preheat the oven to 400 degrees.

In a bowl, toss the sourdough bread cubes with the olive oil and garlic salt.

Spread the bread cubes on a baking sheet.

Bake for 8 minutes, turning once.

Toss with the remaining olive oil before serving.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 733 Calories; 32g Fat (40.0% calories from fat); 16g Protein; 94g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1609mg Sodium. Exchanges: 6 1/2 Grain(Starch); 6 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	733
% Calories from Fat:	40.0%
% Calories from Carbohydrates:	51.3%
% Calories from Protein:	8.7%
Total Fat (g):	32g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	22g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	94g
Dietary Fiber (g):	6g
Protein (g):	16g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	56mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	0

**Sodium (mg):** 1609mg  
**Potassium (mg):** 203mg  
**Calcium (mg):** 135mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 733                      Calories from Fat: 293

### % Daily Values\*

<b>Total Fat</b>	32g	50%
Saturated Fat	5g	24%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1609mg	67%
<b>Total Carbohydrates</b>	94g	31%
Dietary Fiber	6g	23%
<b>Protein</b>	16g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		14%
<b>Iron</b>		26%

\* Percent Daily Values are based on a 2000 calorie diet.