

Making Homemade Bread Crumbs

Aria Thornton - Prep Cook
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3 to 4 bread slices

Preheat the oven to 350 degrees.

In a food processor, pulse the bread slices until coarse crumbs form.

Place the crumbs on an ungreased baking sheet.

Bake for 8 to 10 minutes, stirring after 5 minutes, or until dried and just starting to brown.

Per Serving (excluding unknown items): 200 Calories; 3g Fat (12.3% calories from fat); 6g Protein; 37g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 404mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Fat.

Information

Per Serving Nutritional Analysis

Calories (kcal):	200	Vitamin B6 (mg):	trace
% Calories from Fat:	12.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	75.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	12.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	26mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	1mg	% Refuse:	n n%
Carbohydrate (g):	37g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	2 1/2
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	404mg	Vegetable:	0

Potassium (mg): 89mg
Calcium (mg): 81mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 200 Calories from Fat: 25

% Daily Values*

Total Fat	3g		4%
	Saturated Fat	1g	3%
Cholesterol	1mg		0%
Sodium	404mg		17%
Total Carbohydrates	37g		12%
	Dietary Fiber	2g	7%
Protein	6g		
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Vitamin A			0%
Vitamin C			0%
Calcium			8%
Iron			13%

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