

TOASTED CROUTONS (MADE)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 22 **SIZE OF PORTION:** 1 ounce

RECIPE HACCP PROCESS: #2 - Same day service

| INGREDIENT | MEASURE (FOR 22 SERVINGS) |
|--|---------------------------|
| Bread, Pullman, WGR, #1225 | 22 slices |
| Pan Release Spray, Butter Flavored #2516 | 30 second spray |
| Spice Blend MS, Italian, No Salt, #2734 | 2 tablespoons |

DIRECTIONS

- To make cutting easier, place bread in the freezer prior to cutting into cubes. Preheat oven to 325° F
- Cut each slice of bread 4 x 4 (16 cubes per slice of bread). One ounce of croutons (about 16 croutons) equals 1 oz. eq. whole grain.
- Place the cut bread cubes onto sheet pans sprayed with butter flavored pan release spray. Spray the bread cubes with butter flavored pan release spray. Sprinkle the Italian Spice Blend evenly over the bread in the pans. Mix gently to incorporate the seasoning.
- Toast the bread cubes in the preheated oven (325° F) for approximately 20 minutes. Bread cubes should be dried out but not burned.
- Let the bread cubes cool completely. Store them in an airtight container.
- Portion 16 croutons per serving. One portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 70 | Dietary Fiber | 1.00 g | Sodium | 150.00 mg | Sat. Fat | 0.00 g |
| Carbohydrates | 13.00 g | Protein | 2.00 g | Total Fat | 1.00 g | Trans Fat | 0.00 g |

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ILLUSTRATED STEPS FOR PREPARATION OF CROUTONS, WGR, 1 GR

1.



Cutting slices of bread for 16 croutons.

2.



16 breadcrumbs in each slice of bread.

3.



Pan with seasoned breadcrumbs.

4.



Toasted breadcrumbs.

5.



Breadcrumbs in a storage container.