

# Recipe for

## HOMEMADE BREADCRUMBS

EQUIPMENT NEEDED baking sheet, resealable bag,  
rolling pin or other hard item to crush bread

SERVES 4 ESTIMATED COST \$1.35 COST PER SERVING \$0.34

### INGREDIENTS

- 4 ea bread slices (whole wheat, white, sourdough)
- Optional:
  - season with ground herbs & spices
    - parsley
    - Italian seasoning
    - black pepper
    - garlic powder
    - oregano

### METHOD OF PREPARATION

1. Preheat oven to 300 degrees and line a baking sheet with parchment paper.
2. Tear bread into small cube-like pieces and place on a baking sheet.
3. Bake until bread is dry and lightly toasted, about 10 minutes.
4. Remove from oven and let cool completely.
5. Place bread in a resealable bag making sure to remove as much air. Crush bag with rolling pin, hands, bottom of a pot, or other hard item to break bread into crumbs.
6. Season with herbs and/or spices (optional). Top on salads, use as a breading for fish, or use in the Potato Flakes with Breadcrumbs recipe. Enjoy

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### NUTRITION INFORMATION

Homemade Breadcrumbs		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
<b>Calories</b>	80.6 kcal	4 %
<b>Total Fat</b>	1.1 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	- mg	- %
<b>Sodium</b>	145.6 mg	6 %
<b>Total Carbohydrate</b>	13.7 g	5 %
Dietary Fiber	1.9 g	8 %
Sugars	1.4 g	
<b>Protein</b>	4 g	8 %
Vitamin A	0 % • Vitamin C	- %
Calcium	5 % • Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

### STORAGE TIP

**Storing breadcrumbs** - keep breadcrumbs in an air tight container for up to a week in the fridge or store in a freezer safe bag up to three months in the freezer.

### HEALTH BENEFITS

**Whole Wheat or Whole Grain Bread** - rich source of fiber which aids in digestive health and can lower the risk of constipation. Fiber helps you to feel fuller for longer which may help reduce the risk of obesity.



### References:

1. Recipe provided by Reanetta Perkins

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