



Almost-Famous Stuffed Cheesy Bread

 Vegetarian

READY IN



150 min.

SERVINGS



16

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.3 teaspoons packet active yeast dry
- ☐ 2 ounces cheddar cheese shredded yellow
- ☐ 2 tablespoons cornmeal
- ☐ 0.5 teaspoon parsley dried
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon sea salt
- ☐ 6 ounces part-skim mozzarella cheese shredded

- ☐ 1 tablespoon pecorino romano cheese grated
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons vegetable oil plus more for brushing

Equipment

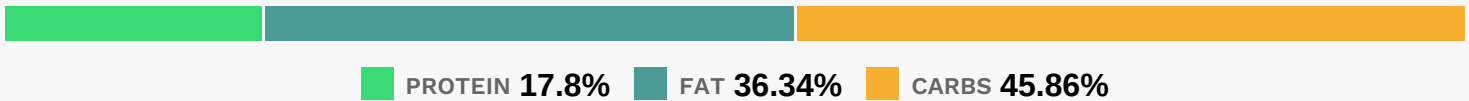
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Whisk the sugar and 3/4 cup warm water (about 105 degrees F) in a bowl.
- ☐ Sprinkle the yeast on top and set aside until foamy, about 10 minutes. Stir in the vegetable oil.
- ☐ Whisk the flour and salt in a large bowl. Make a well in the center, pour in the yeast mixture and stir with a wooden spoon to make a shaggy dough. Turn out onto a generously floured surface and knead until smooth and elastic, about 5 minutes, dusting with more flour as needed. Form into a ball.
- ☐ Brush a large bowl with vegetable oil; add the dough, turning to coat with the oil. Cover tightly with plastic wrap and set aside at room temperature until doubled in size, about 1 hour, 30 minutes.
- ☐ Make the filling and topping: Toss 1/2 cup mozzarella, the cheddar, pecorino, garlic salt, granulated garlic and dried parsley in a bowl. Preheat the oven to 450 degrees F. Put an inverted baking sheet in the oven; preheat for 10 minutes. Line another inverted baking sheet with parchment paper and sprinkle with the cornmeal.
- ☐ Cut the dough in half; transfer 1 piece to the parchment-lined baking sheet and stretch into an 8-inch square (keep the other piece of dough covered).

- ☐
- Sprinkle 1 side of the square with 1/2 cup of the remaining mozzarella, then fold the dough in half to enclose the cheese, pressing to seal. Slice the dough crosswise at 1-inch intervals, stopping just before the folded edge.
- ☐
- Sprinkle with half of the cheese-garlic mixture. Move the dough to 1 side of the baking sheet. Repeat with the remaining dough, mozzarella and cheese-garlic mixture on the other side of the baking sheet. Slide the bread on the parchment onto the hot baking sheet in the oven.
- ☐
- Bake until the dough is cooked through and the cheese is golden brown, 12 to 14 minutes.
- ☐
- Let cool slightly, then pull apart into breadsticks.
- ☐
- Photograph by Sam Kaplan

Nutrition Facts



Properties

Glycemic Index:17.04, Glycemic Load:9.55, Inflammation Score:-3, Nutrition Score:4.4778260774101%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.35kcal (6.17%), Fat: 4.94g (7.61%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.37g (4.86%), Sugar: 0.7g (0.78%), Cholesterol: 10.67mg (3.56%), Sodium: 347.8mg (15.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin B1: 0.18mg (11.89%), Selenium: 8.03µg (11.48%), Calcium: 114.41mg (11.44%), Folate: 41.07µg (10.27%), Phosphorus: 91.09mg (9.11%), Vitamin B2: 0.15mg (8.55%), Manganese: 0.12mg (6.01%), Vitamin B3: 1.14mg (5.72%), Iron: 0.82mg (4.54%), Zinc: 0.62mg (4.14%), Vitamin K: 3.48µg (3.32%), Fiber: 0.67g (2.7%), Magnesium: 8.7mg (2.18%), Vitamin B12: 0.13µg (2.14%), Vitamin A: 88IU (1.76%), Vitamin B6: 0.03mg (1.7%), Copper: 0.03mg (1.63%), Vitamin B5: 0.16mg (1.61%), Vitamin E: 0.2mg (1.31%), Potassium: 39.23mg (1.12%)