



Broccoli Bread

READY IN



45 min.

SERVINGS



16

CALORIES



81 kcal

Ingredients

- 2 tablespoons olives black such as calamata chopped
- 0.5 pound bread dough frozen thawed cut in half
- 0.8 pound broccoli peeled
- 0.3 teaspoon pepper red crushed
- 0.5 cup feta cheese crumbled
- 2 large garlic cloves minced
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese freshly grated
- 16 servings pepper freshly ground
- 16 servings salt

4 oil-packed sun-dried tomato halves drained chopped

Equipment

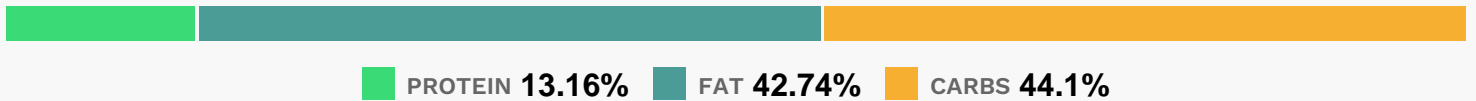
frying pan

oven

Directions

- Preheat the oven to 35
- Cook the broccoli in boiling salted water for 3 minutes.
- Drain and chop.
- In a large skillet, heat the olive oil.
- Add the garlic and cook over moderate heat until fragrant, about 30 seconds.
- Add the tomatoes, olives and red pepper and cook for 1 minute.
- Add the broccoli; season with salt and pepper.
- On a lightly floured work surface, roll each piece of dough into a 12-by-9-inch rectangle. Spoon half of the broccoli mixture down one longer side of each rectangle, about 2 inches from the edge. Top each with half of the feta and Parmesan.
- Roll the dough up around the filling; fold in the sides.
- Bake for about 40 minutes, or until brown.
- Let cool slightly; then slice and serve.
- Serve with salad. For a heartier dish, roll pepperoni slices into the dough.

Nutrition Facts



Properties

Glycemic Index:9.44, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:4.323913068875%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 81.45kcal (4.07%), Fat: 3.87g (5.95%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 8.01g (2.91%), Sugar: 0.56g (0.63%), Cholesterol: 5.53mg (1.84%), Sodium: 365.02mg (15.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin C: 19.28mg (23.37%), Vitamin K: 23.28µg (22.18%), Calcium: 49.35mg (4.93%), Vitamin B2: 0.07mg (4.31%), Phosphorus: 42.38mg (4.24%), Fiber: 0.97g (3.87%), Folate: 15.4µg (3.85%), Manganese: 0.08mg (3.83%), Vitamin A: 183.91IU (3.68%), Vitamin B6: 0.07mg (3.3%), Vitamin E: 0.49mg (3.24%), Potassium: 94.04mg (2.69%), Selenium: 1.88µg (2.69%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.19mg (1.87%), Magnesium: 7.3mg (1.82%), Vitamin B1: 0.03mg (1.77%), Vitamin B12: 0.1µg (1.67%), Iron: 0.28mg (1.53%), Copper: 0.02mg (1.19%), Vitamin B3: 0.24mg (1.19%)