



Cheese-and-Pepperoni Bread

READY IN



45 min.

SERVINGS



14

CALORIES



162 kcal

Ingredients

- ☐ 3 cups bread all-purpose divided
- ☐ 1 teaspoon mustard dry
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded reduced-fat
- ☐ 1 tablespoon stick margarine melted
- ☐ 2 tablespoons sugar
- ☐ 3 ounces turkey pepperoni chopped

- ☐ 1.3 cups warm water (100° to 110°)

Equipment

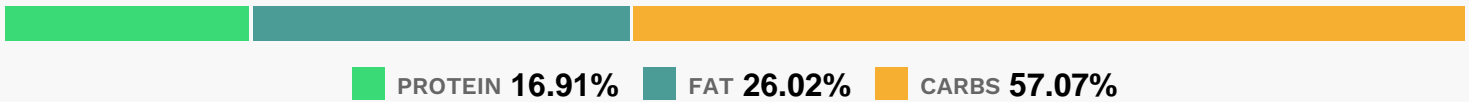
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup
- ☐ bread machine

Directions

- ☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Stir in butter. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 1/2 cups flour and next 6 ingredients (flour through garlic) to yeast mixture; stir until blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a small bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (8
- ☐ free from drafts, until doubled in size. Punch dough down; let rest 5 minutes.
- ☐ Roll into a 14 x 7-inch rectangle on a floured surface.
- ☐ Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seams and ends to seal.
- ☐ Place roll, seam side down, in a 9 x 5-inch loaf pan coated with cooking spray. Cover and let rise 1 hour and 30 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough.
- ☐ Bake at 350 for 45 minutes or until browned on the bottom and loaf sounds hollow when tapped.

- ☐
- Remove from pan; cool on a wire rack.
- ☐
- Bread machine variation: Lightly spoon flour into dry measuring cups; level with a knife. It is unnecessary to heat water to 100 to 11
- ☐
- Follow manufacturer's instructions for placing flour, yeast, sugar, water, butter, mustard, salt, and red pepper into bread pan. Select fruit or sweet bake cycle; start bread machine. At beep for second kneading, add cheese, pepperoni, and garlic; close lid. Continue with bread machine program.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:16.08, Inflammation Score:-3, Nutrition Score:5.5908694830926%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.43kcal (8.12%), Fat: 4.66g (7.17%), Saturated Fat: 2g (12.51%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 22.09g (8.03%), Sugar: 1.83g (2.03%), Cholesterol: 15.54mg (5.18%), Sodium: 260.63mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin B1: 0.27mg (17.99%), Selenium: 11.77µg (16.82%), Folate: 62.93µg (15.73%), Vitamin B2: 0.19mg (11.16%), Manganese: 0.2mg (9.82%), Vitamin B3: 1.8mg (8.99%), Iron: 1.45mg (8.08%), Phosphorus: 71.21mg (7.12%), Calcium: 65.01mg (6.5%), Zinc: 0.8mg (5.34%), Fiber: 0.89g (3.56%), Copper: 0.06mg (3.07%), Magnesium: 11.74mg (2.94%), Vitamin A: 129.15IU (2.58%), Vitamin B5: 0.22mg (2.23%), Potassium: 70.55mg (2.02%), Vitamin B6: 0.03mg (1.56%), Vitamin B12: 0.09µg (1.45%)