



Cheesy Italian Bread Wedges

 Vegetarian

READY IN



175 min.

SERVINGS



8

CALORIES



227 kcal

BREAD

Ingredients

- ☐ 1 tablespoon active yeast dry
- ☐ 1 cup colby-monterey jack cheese shredded
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 1 teaspoon oregano dried to taste
- ☐ 2 ounce salad dressing mix dry italian-style
- ☐ 0.3 teaspoon pepper flakes red to taste
- ☐ 1 teaspoon salt

- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup warm water
- ☐ 1 teaspoon sugar white

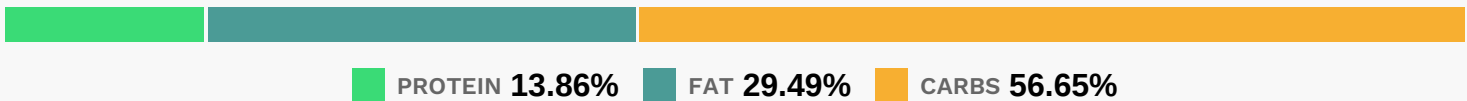
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Dissolve yeast and sugar in warm water in a bowl.
- ☐ Let stand until the yeast softens and begins to form a creamy foam, about 5 minutes.
- ☐ Combine yeast mixture with vegetable oil, salt, and half the flour in a large mixing bowl; stir mixture until no dry spots remain. Stir in remaining flour, 1/2 cup at a time, mixing well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- ☐ Place dough in a large, lightly-oiled bowl and turn to coat. Cover with a towel and let rise in a warm place until doubled in volume, about at least 2 hours.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place risen dough into an 8x8-inch square baking pan. Cover the top of the dough with Italian salad dressing mix and sprinkle loaf with oregano, black pepper, and red pepper flakes.
- ☐ Bake in preheated oven until the top is golden brown and the bottom of loaf sounds hollow when tapped, about 30 minutes. About 5 minutes before bread is finished baking, sprinkle the loaf with Colby-Monterey Jack cheese; bake until cheese has melted.
- ☐ Cut into wedges and serve warm.

Nutrition Facts



Properties

Glycemic Index:26.14, Glycemic Load:21.96, Inflammation Score:-5, Nutrition Score:8.1078260608989%

Nutrients (% of daily need)

Calories: 226.53kcal (11.33%), Fat: 7.35g (11.3%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 30.4g (11.05%), Sugar: 1.46g (1.62%), Cholesterol: 12.57mg (4.19%), Sodium: 449.45mg (19.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Vitamin B1: 0.37mg (24.39%), Selenium: 15.51µg (22.15%), Folate: 86.36µg (21.59%), Vitamin B2: 0.27mg (15.9%), Manganese: 0.3mg (15.1%), Vitamin B3: 2.55mg (12.75%), Calcium: 118.13mg (11.81%), Iron: 2.06mg (11.45%), Phosphorus: 109.91mg (10.99%), Vitamin K: 8.34µg (7.94%), Fiber: 1.35g (5.4%), Zinc: 0.76mg (5.04%), Copper: 0.07mg (3.66%), Magnesium: 14.32mg (3.58%), Vitamin B5: 0.27mg (2.73%), Vitamin A: 134.64IU (2.69%), Vitamin E: 0.38mg (2.52%), Vitamin B6: 0.04mg (2.23%), Potassium: 70.07mg (2%), Vitamin B12: 0.12µg (1.96%)