



## Cheesy Italian Pull Apart Bread

READY IN



30 min.

SERVINGS



10

CALORIES



241 kcal

### Ingredients

- 15 ounce biscuit dough refrigerated
- 2 tablespoons butter melted
- 10 servings garlic powder to taste
- 1 tablespoon penzey's southwest seasoning italian
- 2 tablespoons parmesan cheese
- 0.5 cup spaghetti sauce
- 6 string cheese sticks cut into 1 inch pieces

### Equipment

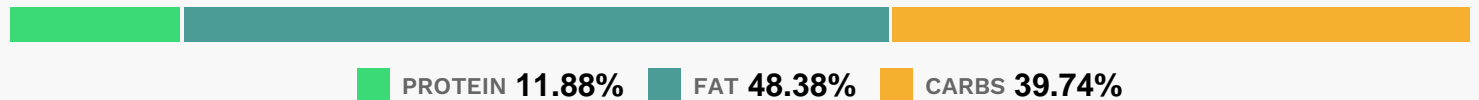
- oven

cake form

## Directions

- Preheat an oven to 450 degrees F (230 degrees C). Lightly grease an 8 inch cake pan.
- Flatten each piece of biscuit dough into a 4 inch circle. Spoon 1 teaspoon of spaghetti sauce into center of each biscuit.
- Place string cheese piece on the sauce. Fold the dough in half and pinch the seams together tightly to seal in the cheese. It will be in the shape of a half moon.
- Place the dough in the prepared cake pan starting at the outside edge of the cake pan and moving towards the center in concentric circles.
- Brush the dough with the melted butter and sprinkle with the Italian seasoning, parmesan cheese, and garlic powder over the top of the dough.
- Bake in preheated oven until golden brown, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:19.7, Glycemic Load:13.37, Inflammation Score:-2, Nutrition Score:6.1569565546739%

## Nutrients (% of daily need)

Calories: 241.45kcal (12.07%), Fat: 13.22g (20.34%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 23.22g (8.44%), Sugar: 2.02g (2.24%), Cholesterol: 16.2mg (5.4%), Sodium: 626.64mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Phosphorus: 206.93mg (20.69%), Vitamin B1: 0.2mg (13.27%), Selenium: 9.06µg (12.94%), Manganese: 0.23mg (11.72%), Iron: 1.88mg (10.46%), Vitamin B2: 0.14mg (8.43%), Folate: 33.62µg (8.4%), Vitamin B3: 1.6mg (7.99%), Vitamin E: 0.92mg (6.11%), Calcium: 57.35mg (5.73%), Vitamin K: 5.42µg (5.16%), Potassium: 175.32mg (5.01%), Fiber: 1.22g (4.88%), Vitamin B6: 0.09mg (4.39%), Copper: 0.07mg (3.44%), Magnesium: 13.22mg (3.31%), Vitamin A: 142.53IU (2.85%), Zinc: 0.36mg (2.43%), Vitamin B5: 0.2mg (2%), Vitamin B12: 0.08µg (1.27%), Vitamin C: 0.9mg (1.1%)