



## Cheesy Jalapeno Braid with Stone-Ground Wheat Bread Dough

READY IN



45 min.

SERVINGS



5

CALORIES



72 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 wheat bread dough stone-ground
- ☐ 1 egg white
- ☐ 1 teaspoon pickled jalapeño pepper drained chopped
- ☐ 0.5 ounce sharp cheddar cheese shredded reduced-fat finely
- ☐ 1 tablespoon water cold

### Equipment

- ☐ baking sheet

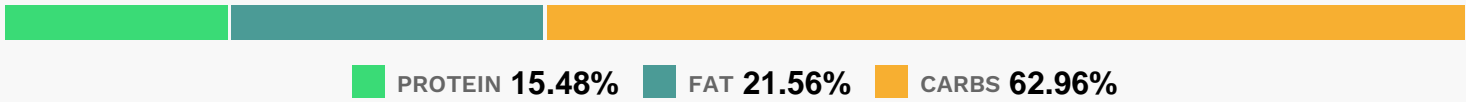
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 oven

## Directions

- ☐ Divide Stone–Ground Wheat Bread Dough into 3 equal portions.
- ☐ Roll each portion into a 7–inch rope; flatten slightly.
- ☐ Sprinkle ropes evenly with cheese and pepper, pressing in slightly. Braid ropes together, pinching ends to seal; tuck ends under.
- ☐ Place braid on a baking sheet coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 20 minutes or until doubled in bulk.
- ☐ Combine egg white and water, stirring well.
- ☐ Brush braid with egg white mixture.
- ☐ Bake at 350 for 20 to 25 minutes or until braid sounds hollow when tapped.

## Nutrition Facts



## Properties

Glycemic Index:11.8, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.73956520531489%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 72.3kcal (3.61%), Fat: 1.64g (2.52%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 10.29g (3.74%), Sugar: 0.09g (0.1%), Cholesterol: 2.84mg (0.94%), Sodium: 134.5mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Selenium: 2.01µg (2.87%), Vitamin B2: 0.04mg (2.33%), Calcium: 20.67mg (2.07%), Fiber: 0.47g (1.87%), Vitamin C: 1.19mg (1.44%), Phosphorus: 14.14mg (1.41%)