



## Christmas Bread Wreath

READY IN



170 min.

SERVINGS



8

CALORIES



172 kcal

### Ingredients

- ☐ 0.3 cup parmesan shredded
- ☐ 1 pound bread dough whole wheat white frozen thawed
- ☐ 1 tablespoon vegetable oil
- ☐ 1 small garlic clove finely chopped

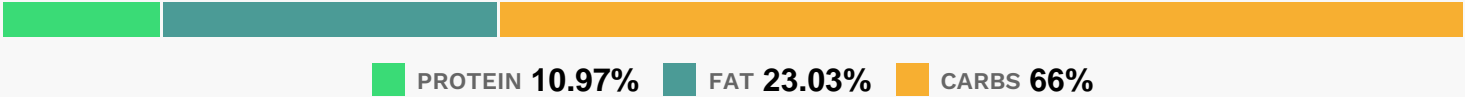
### Equipment

- ☐ baking sheet
- ☐ oven
- ☐ kitchen scissors

# Directions

- ☐ Grease cookie sheet.
- ☐ Sprinkle 2 tablespoons of the cheese onto flat surface.
- ☐ Roll bread dough in cheese into 24-inch rope.
- ☐ Place on cookie sheet, forming circle; pinch ends to seal.
- ☐ Snip dough 16 times from the outer edge of the circle at about 1 1/2-inch intervals, cutting two-thirds of the way through, using kitchen scissors. Lift and turn every other section of dough toward the center of the circle pinching ends, so the dough resembles branches if desired.
- ☐ Cover and let rise in warm place 1 to 2 hours or until double. (Dough is ready if indentation remains when touched.)
- ☐ Heat oven to 350°F.
- ☐ Mix oil and garlic; brush over dough.
- ☐ Sprinkle with remaining 2 tablespoons cheese.
- ☐ Bake 25 to 30 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.87086956008621%

## 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: 172.28kcal (8.61%), Fat: 4.17g (6.42%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 25.78g (9.37%), Sugar: 0.03g (0.03%), Cholesterol: 2.13mg (0.71%), Sodium: 316.79mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Fiber: 1.11g (4.45%), Calcium: 37.68mg (3.77%), Vitamin K: 3.19µg (3.03%), Phosphorus: 22.26mg (2.23%), Selenium: 0.76µg (1.08%)