

Cowboy Stromboli

READY IN



52 min.

SERVINGS



20

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound chicken breast cooked thinly sliced
- ☐ 2 eggs beaten for egg wash
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 2 cups mild cheese blend shredded recommended: provolone, mozzarella, and Parmesan
- ☐ 1 cup mushrooms sliced
- ☐ 16 ounce pizza dough
- ☐ 1 pound prime sliced
- ☐ 1 cup tomato sauce

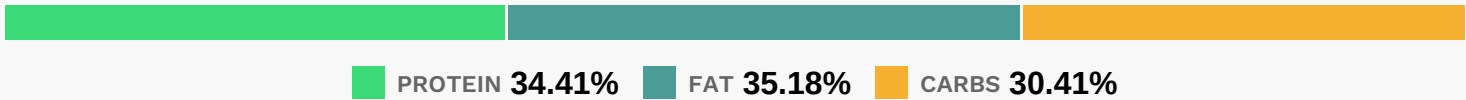
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ On a clean dry work surface sprinkled with flour, roll the dough into a 10 by 14-inch rectangle, making sure not to flip the dough over, just rotating by 90 degrees as needed. Once the dough is rolled out, sprinkle the mushrooms in the center, leaving a 2-inch border on all sides. Top with the beef, followed by half the cheese, then the chicken, in a stacked fashion. Top with the herbs, tomato sauce, and remaining cheese.
- ☐ Brush the edges with some of the egg wash. Fold the bottom and top edges over the filling, then fold the sides over twice, 1-inch at a time, resulting in a 6 by 14-inch tube.
- ☐ Brush the outside of the stromboli with the remaining egg wash, place on a sheet pan lined with parchment paper, and bake until firm and golden brown, 15 to 18 minutes.
- ☐ Remove from the oven and let rest for 5 minutes.
- ☐ Cut into 5 to 6 portions and serve.

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:6.7943478200747%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 158.54kcal (7.93%), Fat: 6.22g (9.57%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.47g (4.17%), Sugar: 1.99g (2.21%), Cholesterol: 50.23mg (16.74%), Sodium: 652.29mg (28.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.39%), Vitamin B3: 3.55mg (17.76%), Calcium: 151.11mg

(15.11%), Vitamin C: 11.99mg (14.53%), Selenium: 9.72µg (13.88%), Phosphorus: 138.01mg (13.8%), Zinc: 1.46mg (9.76%), Vitamin B12: 0.58µg (9.75%), Vitamin B6: 0.19mg (9.62%), Iron: 1.52mg (8.43%), Vitamin B2: 0.14mg (8.23%), Potassium: 162.19mg (4.63%), Vitamin A: 225.89IU (4.52%), Vitamin B5: 0.4mg (4.04%), Vitamin K: 3.94µg (3.75%), Magnesium: 14.56mg (3.64%), Copper: 0.06mg (3%), Fiber: 0.63g (2.51%), Folate: 9.34µg (2.33%), Vitamin E: 0.34mg (2.27%), Vitamin B1: 0.03mg (2.02%), Manganese: 0.03mg (1.51%), Vitamin D: 0.18µg (1.18%)