

## Easy Pepperoni Bread

READY IN



735 min.

SERVINGS



8

CALORIES



377 kcal

### Ingredients

- 1 pound bread dough frozen
- 0.5 tablespoon basil dried
- 0.5 tablespoon onion flakes dried minced
- 1 eggs lightly beaten
- 1 tablespoon olive oil extra virgin
- 0.5 tablespoon oregano dried
- 8 ounce pepperoni sliced
- 6 ounce mozzarella cheese shredded

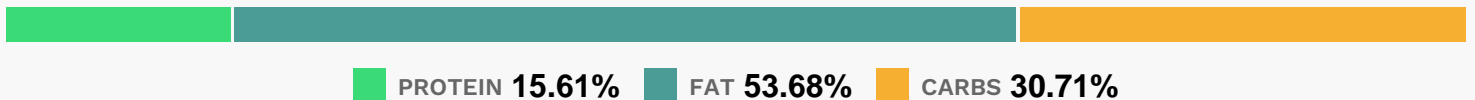
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Allow frozen bread dough to thaw approximately 8 hours, or overnight, in the refrigerator.
- Place dough in a large, lightly greased bowl.
- Place bowl in a warm location, and allow dough to rise until doubled (2 to 3 hours). Punch down dough.
- Preheat oven to 350 degrees F (175 degrees C).
- On a lightly greased, large baking sheet, roll dough into an approximately 12x18 inch rectangle.
- Brush dough lightly with olive oil.
- Sprinkle with basil, onion flakes and oregano.
- Layer with pepperoni to within a half inch of the edges. Top with mozzarella cheese.
- Beginning with the longest edge, roll dough into a thin cylinder and seal seam. Glaze with egg.
- Bake in the preheated oven 35 minutes, or until golden brown.
- Cut into bite sized pieces to serve.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:6.8452174015667%

## Nutrients (% of daily need)

Calories: 376.95kcal (18.85%), Fat: 21.84g (33.6%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 26.74g (9.72%), Sugar: 0.37g (0.41%), Cholesterol: 64.76mg (21.59%), Sodium: 856.08mg (37.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.58%), Selenium: 13.56µg (19.37%), Vitamin B12: 0.9µg (15.04%), Phosphorus: 133.04mg (13.3%), Calcium: 127.25mg (12.73%), Manganese: 0.22mg (11.05%), Vitamin B2: 0.16mg (9.6%), Zinc: 1.42mg (9.44%), Vitamin K: 9.44µg (8.99%), Vitamin B3: 1.47mg (7.35%), Vitamin B6: 0.13mg (6.57%), Vitamin B1: 0.09mg (5.85%), Fiber: 1.36g (5.45%), Iron: 0.92mg (5.12%), Vitamin E: 0.73mg (4.84%), Vitamin B5: 0.46mg (4.59%), Vitamin D: 0.56µg (3.76%), Vitamin A: 180.66IU (3.61%), Potassium: 117.03mg (3.34%),

Magnesium: 12.92mg (3.23%), Copper: 0.04mg (2.03%), Folate: 7.53 $\mu$ g (1.88%)