



Ham and Cheddar Stromboli

READY IN



185 min.

SERVINGS



8

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13.5 oz bread flour
- ☐ 3 ounces cheese sliced
- ☐ 8 servings some egg lightly beaten for brushing
- ☐ 6 ounces ham as needed thinly sliced (use more or less)
- ☐ 1 tablespoon milk powder dry
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt
- ☐ 8 servings sesame seed
- ☐ 1 cup warm water (115 degrees)

☐ 1 packet yeast

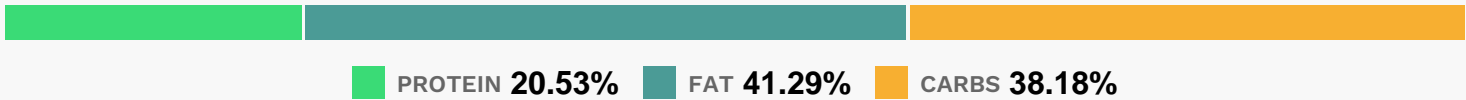
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Sprinkle the yeast over the warm water and let proof until bubbly.
- ☐ Combine the flour, salt and milk powder in the bowl of a stand mixer.
- ☐ Add the yeast mixture and the olive oil and stir until dough comes together, then put the mixture under the dough hook and knead until it is smooth and elastic.
- ☐ Put the dough in an olive oil coated bowl and flip it around to coat. Cover and let rise for 1 hour.Punch down the dough and on a floured surface, roll it into an oval about 10 x
- ☐ Lay the ham and cheese across half the dough, leaving a 1 inch border. Fold dough over filling and press edges to seal.
- ☐ Transfer to a parchment lined baking sheet. With a razor blade, make 3 or 4 cuts across the top.
- ☐ Let rise for another hour.Before baking, brush with egg and sprinkle with sesame seeds.
- ☐ Bake at 350 degrees F. for 35 minutes.
- ☐ Let cool for about 10 minutes, then cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:23.04, Inflammation Score:-4, Nutrition Score:15.618695439528%

Nutrients (% of daily need)

Calories: 399.47kcal (19.97%), Fat: 18.2g (28%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 35.54g (12.92%), Sugar: 0.73g (0.81%), Cholesterol: 188.4mg (62.8%), Sodium: 682.35mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.71%), Selenium: 43.31µg (61.87%), Manganese: 0.6mg (29.8%), Phosphorus: 290.88mg (29.09%), Copper: 0.48mg (23.8%), Vitamin B1: 0.35mg (23.26%), Vitamin B2: 0.39mg (22.92%), Calcium: 196.36mg (19.64%), Zinc: 2.58mg (17.21%), Folate: 67.92µg (16.98%), Iron: 2.6mg (14.46%), Magnesium: 53.8mg (13.45%), Vitamin B6: 0.26mg (12.99%), Vitamin B5: 1.17mg (11.69%), Vitamin B12: 0.67µg (11.19%), Vitamin B3: 2.18mg (10.92%), Fiber: 2.33g (9.31%), Vitamin D: 1.19µg (7.94%), Vitamin E: 1.09mg (7.25%), Vitamin A: 354.56IU (7.09%), Potassium: 235.9mg (6.74%), Vitamin K: 1.61µg (1.53%)