



Ham and Cheese Picnic Bread

READY IN



165 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

Ingredients

- 0.3 ounce active yeast dry
- 0.5 cup olives black drained chopped
- 1 tablespoon butter
- 1 eggs
- 3 cups flour all-purpose
- 1 cup ham chopped
- 4 ounce pimento peppers diced drained
- 1 teaspoon salt
- 1 cup mozzarella cheese shredded

- 1 cup warm water (110 degrees F)
- 1 tablespoon sugar white

Equipment

- bowl
- baking sheet
- oven
- mixing bowl

Directions

- In a small mixing bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- In a large mixing bowl, combine the yeast mixture with the flour, egg, butter, sugar and salt; mix well. When the dough has pulled together, turn it out onto a lightly floured surface, and knead until smooth, about 8 minutes.
- Lightly oil a large mixing, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Preheat oven to 400 degrees F (200 degrees C).
- Combine the ham, cheese, pimento, and olive in a medium mixing bowl; set aside.
- Deflate the dough, and turn it out onto a lightly floured surface.
- Roll or pat the dough into a 10x14 inch rectangle. Make parallel cuts 3/4 inch wide and 2 inches long on the two long edges of the rectangle. Evenly spread the filling mixture over the center of the rectangle. Fold the short ends of the rectangle over the filling. Starting from one of these ends, alternately stretch strips from the two sides across the filling so that the strips overlap diagonally.
- Transfer the loaf to a lightly greased baking sheet, cover with a damp cloth, and let rise until doubled in volume, about 40 minutes.
- Bake at 400 degrees F (200 degrees C) for 20 to 30 minutes, or until golden brown.

Nutrition Facts



■ PROTEIN 17.54% ■ FAT 29.85% ■ CARBS 52.61%

Properties

Glycemic Index:33.39, Glycemic Load:27.26, Inflammation Score:-6, Nutrition Score:12.735652182413%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 300.42kcal (15.02%), Fat: 9.88g (15.2%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 37.08g (13.48%), Sugar: 2.31g (2.56%), Cholesterol: 46.13mg (15.38%), Sodium: 742.17mg (32.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.13%), Vitamin B1: 0.58mg (38.79%), Selenium: 24.13µg (34.48%), Folate: 111.9µg (27.97%), Vitamin B2: 0.38mg (22.49%), Vitamin B3: 4.05mg (20.25%), Vitamin C: 14.74mg (17.87%), Manganese: 0.34mg (17.22%), Phosphorus: 157.9mg (15.79%), Iron: 2.84mg (15.78%), Vitamin A: 577.57IU (11.55%), Calcium: 89.18mg (8.92%), Zinc: 1.33mg (8.84%), Fiber: 2.11g (8.43%), Vitamin B12: 0.48µg (8.06%), Vitamin B6: 0.15mg (7.74%), Copper: 0.12mg (5.75%), Vitamin B5: 0.51mg (5.14%), Magnesium: 19.83mg (4.96%), Potassium: 158.31mg (4.52%), Vitamin E: 0.66mg (4.38%), Vitamin K: 2.17µg (2.07%), Vitamin D: 0.29µg (1.92%)