



Ham-and-Swiss Stromboli

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups bread flour
- ☐ 2.5 teaspoons bread-machine yeast
- ☐ 1.5 teaspoons cornmeal
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 3 ounces ham chopped
- ☐ 1 tablespoon nonfat milk dry
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt

- ☐ 2 ounces swiss cheese cubed
- ☐ 1 cup warm water (100° to 110°)

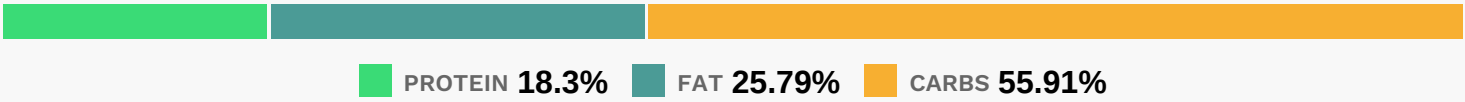
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ measuring cup
- ☐ bread machine

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife. Follow manufacturer's instructions for placing flour and next 6 ingredients (flour through mustard) into bread pan, and select dough cycle; start bread machine.
- ☐ Remove dough from machine (do not bake). Turn the dough out onto a floured surface, and knead for 30 seconds. Cover dough, and let rest for 10 minutes.
- ☐ Roll dough into a 10 x 8-inch oval on a lightly floured surface.
- ☐ Sprinkle the ham and cheese onto half of oval, lengthwise, leaving a 1-inch border. Fold dough over filling, and press the edges and ends together to seal.
- ☐ Cover a large baking sheet with parchment paper, and dust with cornmeal.
- ☐ Place loaf, seam side down, on prepared pan. Make 3 diagonal cuts 1/4-inch deep across the top of loaf using a sharp knife. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough; brush with egg.
- ☐ Bake at 350 for 35 minutes or until browned. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:20.31, Glycemic Load:22.22, Inflammation Score:-2, Nutrition Score:8.2726087401743%

Nutrients (% of daily need)

Calories: 257.79kcal (12.89%), Fat: 7.29g (11.22%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 33.99g (12.36%), Sugar: 0.67g (0.74%), Cholesterol: 36.62mg (12.21%), Sodium: 447.15mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.28%), Selenium: 25.74µg (36.77%), Manganese: 0.39mg (19.3%), Vitamin B1: 0.28mg (18.68%), Phosphorus: 142.04mg (14.2%), Folate: 56.2µg (14.05%), Vitamin B2: 0.18mg (10.5%), Calcium: 88.07mg (8.81%), Zinc: 1.22mg (8.13%), Vitamin B3: 1.6mg (7.98%), Fiber: 1.59g (6.36%), Vitamin B12: 0.38µg (6.28%), Vitamin B5: 0.62mg (6.25%), Copper: 0.12mg (5.79%), Vitamin B6: 0.1mg (5.13%), Magnesium: 19.86mg (4.96%), Vitamin E: 0.59mg (3.96%), Iron: 0.7mg (3.91%), Potassium: 124.64mg (3.56%), Vitamin A: 113.98IU (2.28%), Vitamin D: 0.3µg (2.02%), Vitamin K: 1.33µg (1.26%)