



Ham & tomato Stromboli

READY IN



120 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 batch bread dough white well (see 'Goes with' recipe below)
- ☐ 6 tbsp tomato sauce
- ☐ 3 ham wafer-thin
- ☐ 100 g mozzarella cheese grated
- ☐ 1 handful basil leaf
- ☐ 1 eggs beaten

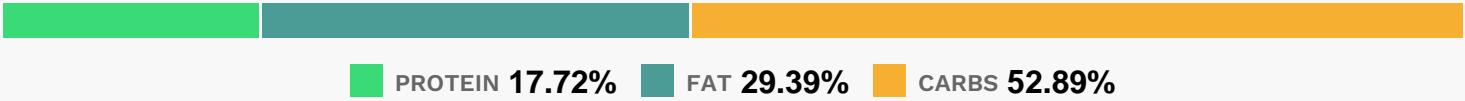
Equipment

- ☐ oven

Directions

- ☐ Make the dough, leave to rise and knock back as stated.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ On a lightly floured surface, roll the dough out to a rough rectangle about 40 x 25cm.
- ☐ Spread the sauce over the dough, leaving a small border, and scatter over the ham, mozzarella and basil. Tuck the short sides in and roll up the long side like a Swiss roll. Lift onto a tray, seal-side down, and brush with the egg.
- ☐ Bake for 30 mins until puffed up and golden dont worry if there are a few cracks. Leave to cool slightly, then serve sliced on a board.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:4.5217391252518%

Nutrients (% of daily need)

Calories: 289.25kcal (14.46%), Fat: 9.01g (13.87%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 34.8g (12.66%), Sugar: 0.73g (0.82%), Cholesterol: 49.13mg (16.38%), Sodium: 704.94mg (30.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.46%), Selenium: 8.35µg (11.93%), Phosphorus: 107.72mg (10.77%), Calcium: 91.94mg (9.19%), Vitamin B12: 0.53µg (8.91%), Vitamin B2: 0.12mg (7.15%), Fiber: 1.69g (6.77%), Vitamin B1: 0.1mg (6.39%), Zinc: 0.94mg (6.28%), Vitamin A: 234.8IU (4.7%), Vitamin B6: 0.09mg (4.35%), Vitamin B3: 0.8mg (4%), Potassium: 108.36mg (3.1%), Iron: 0.48mg (2.66%), Vitamin E: 0.38mg (2.52%), Vitamin B5: 0.25mg (2.47%), Magnesium: 9.34mg (2.33%), Vitamin K: 2.21µg (2.1%), Vitamin D: 0.31µg (2.08%), Copper: 0.04mg (1.86%), Folate: 6.61µg (1.65%), Manganese: 0.03mg (1.44%), Vitamin C: 1.11mg (1.35%)