



Italian Sausage Appetizer Bread

READY IN



45 min.

SERVINGS



16

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bread dough white frozen thawed
- 4 ounces cream cheese softened
- 2 cloves garlic minced
- 16 ounce sausage meat italian johnsonville®
- 0.3 cup kalamata olives pitted sliced
- 1 teaspoon poppy seeds
- 7 ounce roasted peppers red drained sliced well
- 2 cups swiss cheese shredded

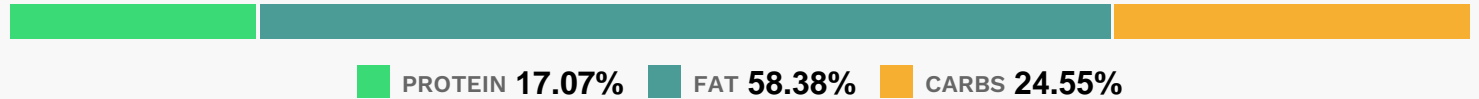
Equipment

- frying pan
- baking sheet
- oven

Directions

- In a skillet, brown sausage until no longer pink; drain.
- On a lightly floured surface, roll bread dough to a 16-inch x 12-inch rectangle.
- Transfer dough to a greased baking sheet.
- Combine cream cheese and garlic, spread lengthwise over center third of dough. Top with the sausage, peppers, olives and cheese. Fold dough over filling, pinching seam to seal. Make slits across top of dough every 2 inches.
- Brush lightly with water and sprinkle with poppy seeds.
- Bake at 400 degrees F for 20–25 minutes or until golden brown.
- Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:7.31, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:5.1052173881427%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 244.12kcal (12.21%), Fat: 15.52g (23.88%), Saturated Fat: 6.45g (40.34%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 13.85g (5.04%), Sugar: 0.29g (0.32%), Cholesterol: 40.12mg (13.37%), Sodium: 574.65mg (24.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Calcium: 139.5mg (13.95%), Phosphorus: 128.14mg (12.81%), Vitamin B12: 0.66µg (11.07%), Zinc: 1.28mg (8.55%), Vitamin C: 6.08mg (7.38%), Vitamin B3: 1.43mg (7.14%), Selenium: 4.81µg (6.88%), Vitamin B6: 0.13mg (6.41%), Vitamin A: 304.08IU (6.08%),

Vitamin B1: 0.09mg (5.81%), Vitamin B2: 0.1mg (5.67%), Fiber: 0.84g (3.36%), Potassium: 111.39mg (3.18%), Vitamin B5: 0.3mg (2.97%), Magnesium: 11.48mg (2.87%), Iron: 0.48mg (2.65%), Copper: 0.05mg (2.5%), Vitamin D: 0.37µg (2.46%), Manganese: 0.04mg (2.08%), Vitamin E: 0.31mg (2.04%), Folate: 4.37µg (1.09%)