



Man vs. Meat Stromboli

READY IN



175 min.

SERVINGS



32

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound loaves bread dough frozen thawed
- ☐ 8 ounce tomato sauce goya® canned such as
- ☐ 1 teaspoon parsley dried
- ☐ 1 egg yolk beaten
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 pound ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 pound coppa ham thinly sliced
- ☐ 1 tablespoon oregano dried

- ☐ 0.5 pound pepperoni thinly sliced
- ☐ 0.5 pound provolone cheese thinly sliced
- ☐ 0.5 cup romano cheese grated
- ☐ 0.5 pound genoa salami thinly sliced
- ☐ 1 teaspoon salt
- ☐ 2 cups sharp cheddar cheese shredded
- ☐ 2 cups mozzarella cheese shredded

Equipment

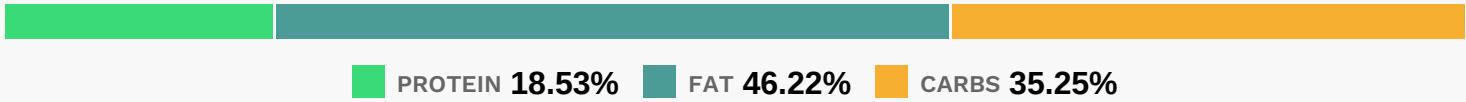
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place bread dough in a large, lightly oiled bowl and allow dough to rise in a warm location until doubled in size, 2 to 3 hours. Punch down dough and roll each loaf into a 12x15-inch rectangle.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease 2 baking sheets.
- ☐ Heat a large skillet over medium-high heat; cook and stir ground beef, garlic powder, oregano, parsley, salt, and black pepper until beef is crumbly, evenly browned, and no longer pink.
- ☐ Drain and discard any excess grease.
- ☐ Sprinkle mozzarella cheese evenly over bread dough.
- ☐ Spread about half the tomato sauce over the mozzarella cheese.
- ☐ Layer the seasoned ground beef, provolone cheese, salami, pepperoni, and coppa ham on top and spread remaining half of the tomato sauce over the meat.
- ☐ Sprinkle Cheddar cheese and Romano cheese over tomato sauce.
- ☐ Roll each portion into a log, beginning with the long side. Press and seal the seam and ends of each roll; arrange rolls seam-side down on prepared baking sheets.
- ☐ Brush with egg yolk.
- ☐ Bake in preheated oven until golden brown, 25 to 30 minutes.

- ☐ Let stand 5 minutes before slicing.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:6.3804347670597%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 329.89kcal (16.49%), Fat: 16.39g (25.22%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 26.81g (9.75%), Sugar: 0.42g (0.46%), Cholesterol: 47.08mg (15.69%), Sodium: 894.8mg (38.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.56%), Calcium: 164.3mg (16.43%), Phosphorus: 163.43mg (16.34%), Selenium: 11.4µg (16.28%), Vitamin B12: 0.85µg (14.23%), Zinc: 1.71mg (11.37%), Vitamin B1: 0.14mg (9.4%), Vitamin B2: 0.16mg (9.19%), Vitamin B3: 1.47mg (7.35%), Vitamin B6: 0.14mg (7.17%), Fiber: 1.32g (5.27%), Vitamin A: 228.8IU (4.58%), Manganese: 0.08mg (3.96%), Potassium: 135.04mg (3.86%), Iron: 0.64mg (3.55%), Vitamin B5: 0.35mg (3.49%), Magnesium: 13.15mg (3.29%), Vitamin E: 0.36mg (2.41%), Vitamin K: 2.38µg (2.27%), Copper: 0.05mg (2.26%), Vitamin D: 0.29µg (1.95%), Folate: 5.96µg (1.49%)