



Meat and Veggie Stromboli

READY IN



85 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bread dough frozen thawed
- 1 teaspoon parsley dried
- 2 egg whites
- 2 egg yolks
- 0.3 cup mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 0.3 cup bell pepper green chopped
- 0.3 teaspoon ground pepper black
- 5 slices virginia baked ham

- 0.3 teaspoon penzey's southwest seasoning italian
- 0.3 cup onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon parmesan cheese grated
- 5 slices pepperoni
- 5 slices provolone cheese
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Place thawed bread dough in a bowl in a warm area and let rise until doubled in size, 30 to 60 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- Spread dough into a large rectangle on the prepared baking sheet.
- Mix 2 tablespoons Parmesan cheese, 2 tablespoons vegetable oil, egg yolks, parsley, oregano, garlic powder, and black pepper together in a bowl; spread mixture onto dough. Top Parmesan mixture layer with pepperoni, ham, and provolone cheese.
- Heat 2 teaspoons vegetable oil in a skillet over medium heat; cook and stir green bell pepper, onion, and mushrooms in the hot oil until tender, 5 to 10 minutes. Spoon mixture over provolone layer.
- Roll dough around the filling and place stromboli, seam side-down, onto the baking sheet.
- Brush the top of stromboli with egg whites; sprinkle 1 teaspoon Parmesan cheese and Italian seasoning over stromboli.
- Bake in the preheated oven until dough is golden brown, 30 to 40 minutes.

Nutrition Facts

PROTEIN 17.56% FAT 42.06% CARBS 40.38%

Properties

Glycemic Index:42.75, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:11.510000042293%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 582.44kcal (29.12%), Fat: 26.3g (40.47%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 53.87g (19.59%), Sugar: 1.09g (1.22%), Cholesterol: 138.78mg (46.26%), Sodium: 1213.22mg (52.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.42%), Selenium: 21.32µg (30.46%), Phosphorus: 254.52mg (25.45%), Calcium: 220.56mg (22.06%), Vitamin B2: 0.31mg (18.34%), Vitamin K: 18.42µg (17.54%), Vitamin B1: 0.26mg (17.07%), Vitamin B12: 0.81µg (13.52%), Zinc: 2mg (13.31%), Vitamin B6: 0.25mg (12.25%), Fiber: 2.94g (11.75%), Vitamin B3: 2.05mg (10.25%), Vitamin C: 8.4mg (10.19%), Vitamin A: 395.89IU (7.92%), Vitamin E: 1.16mg (7.72%), Vitamin B5: 0.73mg (7.26%), Potassium: 240.91mg (6.88%), Vitamin D: 0.9µg (6%), Iron: 1.08mg (5.99%), Folate: 22.94µg (5.73%), Manganese: 0.11mg (5.51%), Magnesium: 21.04mg (5.26%), Copper: 0.09mg (4.27%)