



Mediterranean Stuffed Bread

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 2 pound bread dough white frozen (2 [1-pound] servings)
- ☐ 1 large egg white lightly beaten
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 tablespoon olive pâté (such as Alessi)
- ☐ 12 ounce roasted bell peppers red drained

Equipment

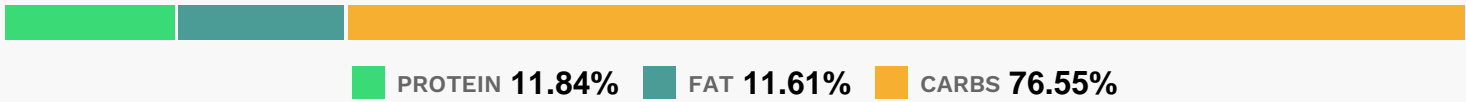
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Thaw dough in refrigerator 12 hours.
- ☐ Combine the cream cheese and olive paste in a medium bowl, stirring until smooth. Set aside.
- ☐ Working with 1 dough portion at a time (cover remaining dough to keep from drying), roll each portion into a 12 x 5-inch rectangle on a floured surface.
- ☐ Spread half of cream cheese mixture over center of each rectangle, leaving a 1/2-inch margin around edges. Arrange the pepper pieces over cheese mixture, and top with spinach.
- ☐ Roll up each rectangle tightly, starting with a long edge, pressing firmly to eliminate air pockets, and pinch seam and ends to seal.
- ☐ Place loaves, seam sides down, on a large baking sheet coated with cooking spray. Cover and let rise 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Brush loaves with egg white.
- ☐ Preheat oven to 37
- ☐ Bake the bread at 375 for 35 minutes or until the loaves are browned on the bottom and sound hollow when tapped.
- ☐ Remove the loaves from the pan, and cool bread for 5 minutes on a wire rack.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:7.6326086157528%

Nutrients (% of daily need)

Calories: 155.2kcal (7.76%), Fat: 1.91g (2.93%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 26.38g (9.59%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 582.08mg (25.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin K: 65.92µg (62.78%), Vitamin A: 2190.19IU

(43.8%), Vitamin C: 10.86mg (13.17%), Manganese: 0.16mg (7.95%), Fiber: 1.89g (7.56%), Folate: 29.19µg (7.3%), Magnesium: 15.91mg (3.98%), Vitamin E: 0.53mg (3.55%), Vitamin B6: 0.07mg (3.43%), Vitamin B2: 0.06mg (3.24%), Calcium: 31.98mg (3.2%), Iron: 0.51mg (2.83%), Potassium: 95.92mg (2.74%), Copper: 0.05mg (2.71%), Selenium: 1.54µg (2.21%), Vitamin B1: 0.02mg (1.48%), Phosphorus: 13.26mg (1.33%), Vitamin B3: 0.21mg (1.05%)