



Mozzarella-Ham Swirl Bread

READY IN



45 min.

SERVINGS



12

CALORIES



149 kcal

BREAD

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 teaspoons dijon mustard
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white lightly beaten
- ☐ 0.5 cup milk fat-free
- ☐ 2.3 cups flour all-purpose divided
- ☐ 0.5 cup ham chopped reduced-fat
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 ounces part-skim mozzarella cheese shredded

- ☐ 0.3 cup pimento-stuffed olives chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons stick margarine melted
- ☐ 2 tablespoons sugar divided
- ☐ 0.3 cup warm water (105° to 115°)
- ☐ 1 tablespoon water

Equipment

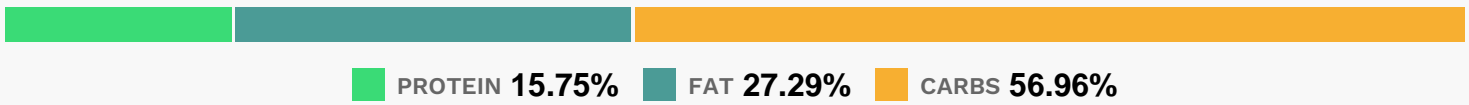
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Dissolve 1 tablespoon sugar and the yeast in warm water in a large bowl; let stand for 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Add 1 tablespoon sugar, 1 1/2 cups flour, milk, butter, and salt to yeast mixture; beat with a mixer at medium speed until smooth. Turn the dough out onto a floured surface. Knead the dough until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough.)
- ☐ Combine the ham, cheese, olives, and pepper. Set aside.
- ☐ Uncover dough. Punch dough down; let rest 5 minutes.

- ☐ Roll into a 12 x 8-inch rectangle on a lightly floured surface.
- ☐ Brush mustard over dough, leaving a 1/2-inch margin around edges.
- ☐ Spread ham mixture evenly over dough. Beginning with a long side, roll up jelly-roll fashion; pinch seam to seal (do not seal ends of roll).
- ☐ Place, seam side down, in an 8-inch loaf pan coated with cooking spray. Cover and let rise 30 minutes.
- ☐ Preheat oven to 37
- ☐ Uncover dough.
- ☐ Combine egg white and 1 tablespoon water; brush over loaf.
- ☐ Sprinkle with Italian seasoning.
- ☐ Bake at 375 for 30 minutes. Loosely cover with foil.
- ☐ Bake for an additional 10 minutes or until loaf sounds hollow when tapped.
- ☐ Remove from pan; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.95, Glycemic Load:14.51, Inflammation Score:-4, Nutrition Score:5.5895651816188%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 148.57kcal (7.43%), Fat: 4.47g (6.88%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 20.05g (7.29%), Sugar: 2.68g (2.98%), Cholesterol: 6.95mg (2.32%), Sodium: 281.87mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin B1: 0.29mg (19.5%), Selenium: 11.08µg (15.83%), Folate: 57.83µg (14.46%), Vitamin B2: 0.19mg (11.44%), Vitamin B3: 1.92mg (9.58%), Manganese: 0.17mg (8.59%), Phosphorus: 76.49mg (7.65%), Iron: 1.23mg (6.81%), Calcium: 59.11mg (5.91%), Fiber: 0.96g (3.84%), Zinc: 0.53mg (3.56%), Vitamin A: 150.95IU (3.02%), Vitamin B6: 0.05mg (2.68%), Vitamin B5: 0.26mg (2.6%), Magnesium: 10.3mg (2.57%), Copper: 0.05mg (2.45%), Vitamin B12: 0.14µg (2.34%), Potassium: 77.81mg (2.22%), Vitamin E: 0.25mg (1.68%), Vitamin D: 0.17µg (1.12%)