



Olive Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

Ingredients

- ☐ 1 pound bread dough white frozen
- ☐ 4 fillet anchovy canned
- ☐ 3 tablespoons capers
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 garlic cloves peeled
- ☐ 0.5 cup kalamata olives pitted
- ☐ 3 tablespoons juice of lemon fresh

Equipment

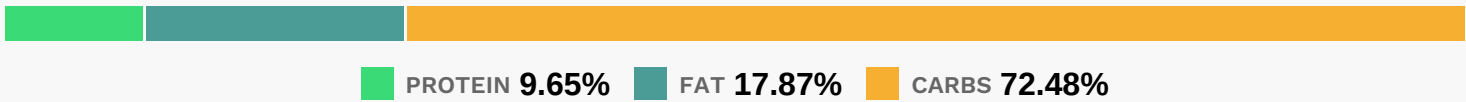
- ☐ food processor

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Thaw dough in refrigerator 12 hours.
- ☐ Combine olives and next 5 ingredients (olives through garlic) in a food processor; process until well-blended.
- ☐ Roll dough into a 12 x 8-inch rectangle on a lightly floured surface.
- ☐ Spread olive mixture onto dough, leaving a 1/2-inch border. Starting from short end, roll up jelly-roll fashion; pinch seam and ends to seal.
- ☐ Place roll, seam side down, in an 8 x 4-inch loaf pan coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 2 1/2 hours or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Preheat oven to 37
- ☐ Uncover and bake at 375 for 25 minutes or until lightly browned. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:1.1852173871644%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 161.12kcal (8.06%), Fat: 3.05g (4.7%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 26.29g (9.56%), Sugar: 0.21g (0.23%), Cholesterol: 0.43mg (0.14%), Sodium: 499.96mg (21.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Fiber: 1.56g (6.24%), Vitamin C: 2.6mg (3.15%), Vitamin K: 3.07µg (2.93%), Vitamin E: 0.38mg (2.55%), Iron: 0.29mg (1.59%), Copper: 0.03mg (1.36%), Manganese: 0.03mg (1.29%), Calcium: 10.81mg (1.08%)