



Pepperoni And Vegetable Loaf

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

- 1 pound un loaf bread french (such as Francisco International)
- 0.3 cup mayonnaise reduced-fat
- 16 ounce giardiniera vegetables drained chopped well (such as Vigo)
- 4 ounce sharp cheddar cheese reduced-fat
- 24 slices turkey pepperoni

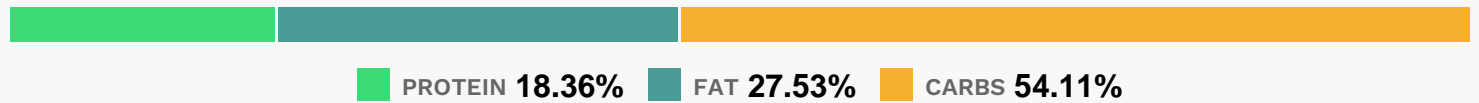
Equipment

- knife
- plastic wrap

Directions

- Slanting knife at an angle, cut a 3- x 1 1/2-inch oval piece out of top of loaf (to make a hollow loaf). Set top aside.
- Spread mayonnaise in cut surface of loaf.
- Layer cheese, pepperoni, and vegetables in loaf; top with reserved top, pressing firmly to pack. Wrap tightly in heavyduty plastic wrap, and chill at least 4 hours.
- Cut loaf crosswise into 8 pieces.

Nutrition Facts



Properties

Glycemic Index:19.06, Glycemic Load:25.19, Inflammation Score:-9, Nutrition Score:14.168695690839%

Nutrients (% of daily need)

Calories: 277.83kcal (13.89%), Fat: 8.65g (13.31%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 34.73g (12.63%), Sugar: 2.92g (3.24%), Cholesterol: 21.79mg (7.26%), Sodium: 616.67mg (26.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.95%), Vitamin A: 3028.7IU (60.57%), Vitamin B1: 0.48mg (31.76%), Selenium: 20.64µg (29.48%), Folate: 89.65µg (22.41%), Manganese: 0.44mg (21.87%), Vitamin B2: 0.35mg (20.75%), Vitamin B3: 3.45mg (17.25%), Iron: 2.93mg (16.28%), Phosphorus: 158.96mg (15.9%), Calcium: 145.67mg (14.57%), Fiber: 3.52g (14.06%), Zinc: 1.6mg (10.65%), Magnesium: 37.88mg (9.47%), Copper: 0.16mg (7.77%), Vitamin C: 5.9mg (7.15%), Potassium: 223.33mg (6.38%), Vitamin B6: 0.13mg (6.25%), Vitamin K: 4.5µg (4.28%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.15µg (2.5%)