



Pepperoni Bread

READY IN



175 min.

SERVINGS



24

CALORIES



93 kcal

Ingredients

- 1 pound bread dough frozen thawed
- 1 eggs beaten
- 1.5 teaspoons seasoning italian
- 0.3 cup parmesan cheese grated
- 4 ounces pepperoni sliced
- 1 cup mozzarella cheese shredded

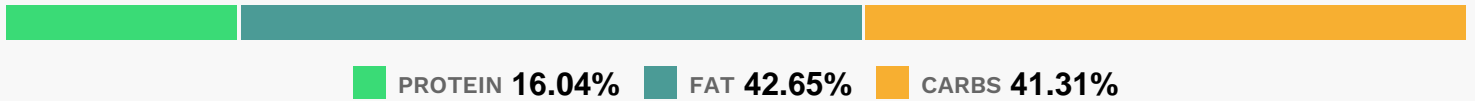
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- Roll frozen bread dough out into a rectangle.
- Brush dough with beaten egg. Arrange pepperoni, mozzarella cheese and parmesan cheese over the dough.
- Sprinkle on the Italian seasoning.
- Roll up dough like a jelly roll and pinch seam to seal; place, seam side down, on prepared baking sheet.
- Bake in preheated oven for 40 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.4756521867669%

Nutrients (% of daily need)

Calories: 93.3kcal (4.66%), Fat: 4.26g (6.55%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.85g (3.22%), Sugar: 0.06g (0.07%), Cholesterol: 16mg (5.33%), Sodium: 213.66mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Selenium: 3.1µg (4.42%), Calcium: 36.7mg (3.67%), Phosphorus: 34.4mg (3.44%), Vitamin B12: 0.2µg (3.3%), Vitamin B2: 0.04mg (2.23%), Zinc: 0.32mg (2.16%), Manganese: 0.04mg (1.86%), Fiber: 0.42g (1.69%), Vitamin B3: 0.25mg (1.24%), Vitamin B6: 0.02mg (1.2%), Vitamin K: 1.18µg (1.13%), Vitamin A: 52.58IU (1.05%), Vitamin B1: 0.02mg (1.03%)