

Pepperoni Bread

READY IN



35 min.

SERVINGS



4

CALORIES



580 kcal

BREAD

Ingredients

- 1 eggs
- 0.8 cup flour all-purpose
- 1 cup milk
- 6 ounce muenster cheese shredded
- 8 ounce pepperoni sausage diced
- 4 servings salt and pepper to taste

Equipment

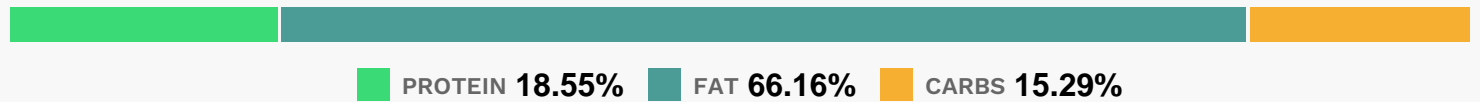
- bowl

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8x8 inch square baking dish.
- Beat the egg in a medium bowl.
- Mix in the pepperoni, milk, flour, Muenster cheese, salt and pepper.
- Pour into the baking dish.
- Bake in the preheated oven 30 minutes, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:14.34, Inflammation Score:-5, Nutrition Score:17.344782570134%

Nutrients (% of daily need)

Calories: 579.9kcal (28.99%), Fat: 42.24g (64.98%), Saturated Fat: 19.67g (122.96%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 21.33g (7.75%), Sugar: 3.51g (3.9%), Cholesterol: 144.06mg (48.02%), Sodium: 1395.96mg (60.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.29%), Selenium: 35.09µg (50.13%), Calcium: 400.5mg (40.05%), Phosphorus: 397.3mg (39.73%), Vitamin B2: 0.53mg (31.3%), Vitamin B12: 1.79µg (29.82%), Vitamin B1: 0.38mg (25.45%), Manganese: 0.51mg (25.33%), Vitamin B3: 4.33mg (21.65%), Zinc: 3.13mg (20.9%), Vitamin B6: 0.3mg (14.76%), Folate: 56µg (14%), Vitamin D: 1.88µg (12.55%), Vitamin B5: 1.25mg (12.5%), Iron: 2.21mg (12.28%), Vitamin A: 588.57IU (11.77%), Potassium: 344.14mg (9.83%), Magnesium: 35.49mg (8.87%), Vitamin E: 0.85mg (5.7%), Copper: 0.11mg (5.36%), Vitamin K: 4.64µg (4.42%), Fiber: 0.63g (2.53%)