



Pepperoni Stromboli

READY IN



45 min.

SERVINGS



8

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound loaves bread dough frozen thawed
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 ounces pepperoni sausage sliced
- ☐ 2 cups mozzarella cheese shredded
- ☐ 0.5 cup spaghetti sauce

Equipment

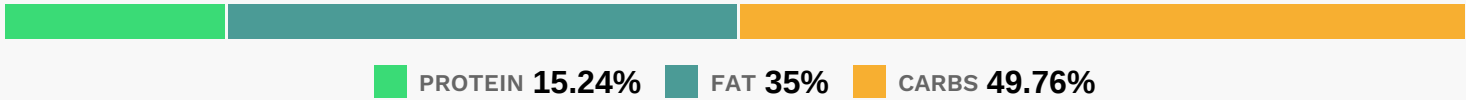
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Punch dough down. On a lightly floured surface, roll each loaf into 20x8 inch rectangle.
- ☐ Place one rectangle on a greased baking sheet.
- ☐ Spread spaghetti sauce in an 18x4 inch strip down the center.
- ☐ Sprinkle with oregano, pepperoni and mozzarella cheese. Fold long sides of dough up toward filling; set aside.
- ☐ Cut the remaining rectangle into three strips. Loosely braid strips; pinch ends to seal.
- ☐ Place bread on top of the cheese; pinch braid to dough to seal.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake in preheated oven for 30 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:6.0260868953622%

Nutrients (% of daily need)

Calories: 465.87kcal (23.29%), Fat: 17.36g (26.71%), Saturated Fat: 6.85g (42.78%), Carbohydrates: 55.53g (18.51%), Net Carbohydrates: 53.03g (19.28%), Sugar: 0.84g (0.94%), Cholesterol: 39.49mg (13.16%), Sodium: 1078.37mg (46.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.03%), Calcium: 185.07mg (18.51%), Phosphorus: 152.25mg (15.23%), Selenium: 10.43µg (14.9%), Vitamin B12: 0.88µg (14.65%), Fiber: 2.49g (9.98%), Zinc: 1.38mg (9.21%), Vitamin B2: 0.14mg (8.27%), Manganese: 0.12mg (5.95%), Vitamin A: 293.75IU (5.88%), Vitamin B3: 0.9mg (4.49%), Vitamin B6: 0.08mg (4.07%), Vitamin B1: 0.05mg (3.46%), Potassium: 114.84mg (3.28%), Vitamin E: 0.46mg (3.09%), Magnesium: 12.24mg (3.06%), Iron: 0.52mg (2.91%), Vitamin B5: 0.27mg (2.69%), Vitamin K: 2.74µg (2.61%), Vitamin D: 0.32µg (2.11%), Copper: 0.04mg (1.8%), Vitamin C: 1.07mg (1.3%), Folate: 4.59µg (1.15%)