

Pizza Bread

READY IN



130 min.

SERVINGS



16

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup eggs fat-free
- ☐ 1 teaspoon seasoning italian
- ☐ 2 tablespoons butter light melted
- ☐ 1.5 cups milk
- ☐ 4 oz part-skim mozzarella cheese shredded
- ☐ 0.3 cup pesto rosso refrigerated
- ☐ 15 slices turkey pepperoni quartered
- ☐ 3.8 cups baking mix bisquick heart smart®

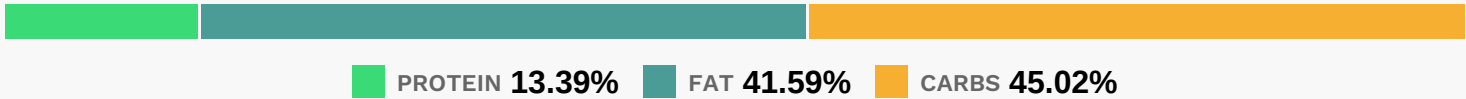
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Spray 9x5-inch loaf pan with cooking spray.
- ☐ In large bowl, stir together Bisquick mix, cheese, Italian seasoning and pepperoni.
- ☐ Add milk, egg product and butter, stirring just until dry ingredients are moistened. Spoon batter into pan. Swirl pesto through batter with knife for marbled design.
- ☐ Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes.
- ☐ Remove from pan to cooling rack; cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:5.7356522329476%

Nutrients (% of daily need)

Calories: 178.92kcal (8.95%), Fat: 8.21g (12.63%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 19.18g (6.98%), Sugar: 4.89g (5.43%), Cholesterol: 26.27mg (8.76%), Sodium: 495.63mg (21.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.89%), Phosphorus: 228.75mg (22.87%), Calcium: 144.3mg (14.43%), Vitamin B1: 0.18mg (11.85%), Vitamin B2: 0.2mg (11.48%), Folate: 37.96µg (9.49%), Selenium: 4.75µg (6.79%), Vitamin B3: 1.32mg (6.59%), Iron: 1.03mg (5.73%), Vitamin B12: 0.33µg (5.46%), Manganese: 0.1mg (5.23%), Vitamin B5: 0.4mg (3.99%), Zinc: 0.59mg (3.91%), Magnesium: 12.96mg (3.24%), Fiber: 0.81g (3.24%), Vitamin A: 158.75IU (3.18%), Potassium: 101.58mg (2.9%), Vitamin K: 2.88µg (2.75%), Copper: 0.05mg (2.61%),

Vitamin D: 0.37µg (2.44%), Vitamin B6: 0.05mg (2.41%)