

Pizza Bread

READY IN



59 min.

SERVINGS



16

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.8 cups baking mix low-fat (such as Bisquick Heart Smart)
- ☐ 0.3 cup egg substitute
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 tablespoons butter light melted
- ☐ 1.5 cups milk 1% low-fat
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 cup sun-dried tomato pesto (such as Classico)
- ☐ 15 slices turkey pepperoni quartered

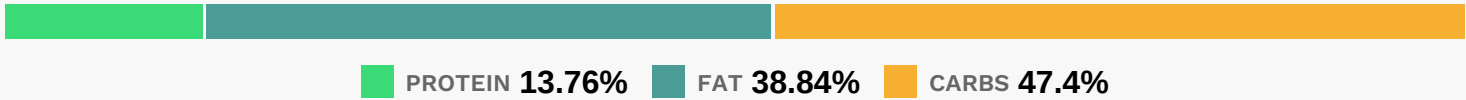
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon baking mix into dry measuring cups; level with a knife.
- ☐ Combine baking mix and next 3 ingredients in a large bowl.
- ☐ Add milk, egg substitute, and butter, stirring just until moist.
- ☐ Add pesto; gently swirl into batter (do not completely combine). Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 50 to 55 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack 5 minutes.
- ☐ Remove from pan; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:0.31, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.7065217702285%

Nutrients (% of daily need)

Calories: 171.08kcal (8.55%), Fat: 7.33g (11.27%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 19.31g (7.02%), Sugar: 4.95g (5.5%), Cholesterol: 10.5mg (3.5%), Sodium: 497.64mg (21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Phosphorus: 223.61mg (22.36%), Calcium:

144.65mg (14.46%), Vitamin B1: 0.18mg (12.03%), Vitamin B2: 0.19mg (11.28%), Folate: 37.22µg (9.3%), Selenium: 5.17µg (7.38%), Vitamin B3: 1.32mg (6.61%), Iron: 1.04mg (5.77%), Vitamin B12: 0.32µg (5.3%), Manganese: 0.1mg (5.17%), Vitamin B5: 0.4mg (3.97%), Zinc: 0.58mg (3.83%), Magnesium: 12.98mg (3.25%), Fiber: 0.81g (3.24%), Vitamin A: 152.99IU (3.06%), Potassium: 105.19mg (3.01%), Vitamin K: 2.83µg (2.7%), Copper: 0.05mg (2.51%), Vitamin B6: 0.05mg (2.3%), Vitamin D: 0.34µg (2.28%), Vitamin E: 0.16mg (1.07%)