



Roasted Red Bell Pepper Bread

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

Ingredients

- ☐ 3.5 cups bread flour
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 cup parmesan cheese fat-free grated
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 1 tablespoon cracked pepper black
- ☐ 7 ounce roasted bell peppers red
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1.3 cups warm water (105° to 115°)

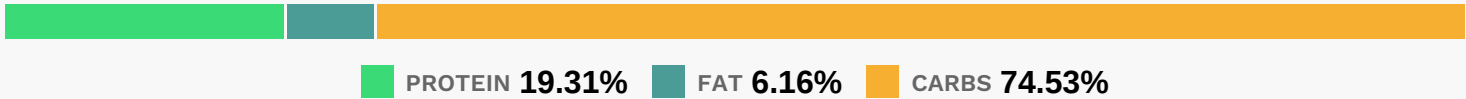
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Drain bell peppers on paper towels; chop and set aside.
- ☐ Combine yeast, sugar, and warm water in a 2-cup liquid measuring cup; let stand 5 minutes.
- ☐ Combine flour, bell peppers, Parmesan cheese, and next 3 ingredients in a large bowl; gradually add yeast mixture, stirring until blended.
- ☐ Turn dough out onto a well-floured surface; and knead until smooth and elastic (about 10 minutes).
- ☐ Place dough in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; turn out onto a lightly floured surface, and knead 4 or 5 times. Divide dough in half. Shape each portion into a 12-inch loaf.
- ☐ Place loaves on a large baking sheet coated with cooking spray.
- ☐ Let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Preheat oven to 45
- ☐ Bake at 450 for 25 minutes or until loaves sound hollow when tapped, covering with aluminum foil after 15 minutes to prevent excessive browning.
- ☐ Remove from baking sheet immediately; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:14.09, Glycemic Load:17.43, Inflammation Score:-3, Nutrition Score:5.8256521510041%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 170.3kcal (8.51%), Fat: 1.15g (1.77%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 29.98g (10.9%), Sugar: 0.57g (0.64%), Cholesterol: 1.67mg (0.56%), Sodium: 518.55mg (22.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Selenium: 18.2µg (26.01%), Manganese: 0.38mg (19.23%), Phosphorus: 101.73mg (10.17%), Vitamin C: 7.76mg (9.41%), Calcium: 83.27mg (8.33%), Folate: 30.86µg (7.71%), Vitamin B1: 0.1mg (6.82%), Fiber: 1.4g (5.62%), Iron: 0.96mg (5.35%), Copper: 0.1mg (5.2%), Zinc: 0.65mg (4.32%), Magnesium: 16.01mg (4%), Vitamin B3: 0.72mg (3.58%), Potassium: 125.09mg (3.57%), Vitamin B2: 0.06mg (3.28%), Vitamin B6: 0.06mg (3.13%), Vitamin B5: 0.25mg (2.54%), Vitamin A: 111.79IU (2.24%), Vitamin B12: 0.09µg (1.53%), Vitamin E: 0.15mg (1.03%)