



WHATSheATE



Savory Pull-Apart Bread



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



175 kcal

Ingredients

- ☐ 10 sun-dried olives (packed in oil)
- ☐ 8 ounces feta cheese (crumbled)
- ☐ 0.8 cup milk
- ☐ 0.8 cup roasted peppers (red drained finely chopped)
- ☐ 1 tablespoon oregano (dried fresh chopped)
- ☐ 1 tablespoon basil (dried fresh chopped)
- ☐ 1 garlic clove (finely chopped)
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups frangelico

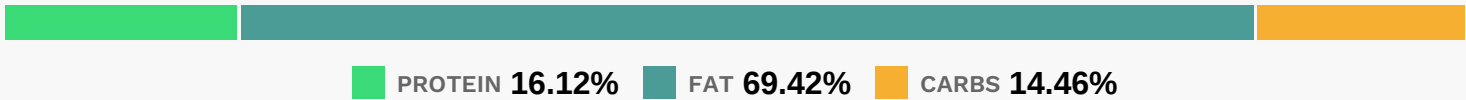
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Grease square pan, 9x9x2 inches. Cover dried tomatoes with boiling water.
- ☐ Let stand 10 minutes; drain. Finely chop tomatoes.
- ☐ Mix Bisquick mix, tomatoes, half of the cheese and the milk in medium bowl until dough forms.
- ☐ Mix remaining cheese, the bell peppers, oregano, basil, garlic and oil in small bowl. Drop half of the dough by tablespoonfuls closely together in irregular pattern in pan. Spoon half of the cheese mixture over dough. Drop remaining dough over cheese mixture. Top with remaining cheese mixture.
- ☐ Bake about 20 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:9.9721739292145%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 174.8kcal (8.74%), Fat: 13.85g (21.31%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.26g (1.91%), Sugar: 2.77g (3.08%), Cholesterol: 37.3mg (12.43%), Sodium: 686.44mg (29.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Calcium: 263.85mg (26.39%), Vitamin K: 27.16µg (25.87%), Vitamin B2: 0.4mg (23.27%), Phosphorus: 177.38mg (17.74%), Vitamin B12: 0.8µg (13.39%), Vitamin B6: 0.24mg (12.25%), Vitamin C: 9.62mg (11.67%), Manganese: 0.22mg (10.83%), Selenium: 6.61µg (9.45%), Zinc: 1.39mg

(9.25%), Iron: 1.6mg (8.91%), Vitamin A: 348.24IU (6.96%), Potassium: 239.11mg (6.83%), Vitamin B1: 0.1mg (6.68%), Magnesium: 26.35mg (6.59%), Vitamin B5: 0.57mg (5.72%), Folate: 21.22µg (5.3%), Copper: 0.1mg (5.16%), Fiber: 1.24g (4.94%), Vitamin E: 0.68mg (4.52%), Vitamin B3: 0.88mg (4.4%), Vitamin D: 0.49µg (3.24%)