



Stromboli Roll

READY IN



55 min.

SERVINGS



4

CALORIES



1033 kcal

Ingredients

- ☐ 13.2 oz bread dough italian
- ☐ 4 ounces ham boiled sliced
- ☐ 2 cups green beans dry cooked
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 4 ounces pepperoni sliced
- ☐ 1 cup roasted peppers red dry drained
- ☐ 2 cups mozzarella cheese shredded
- ☐ 4 ounces soppressata sliced

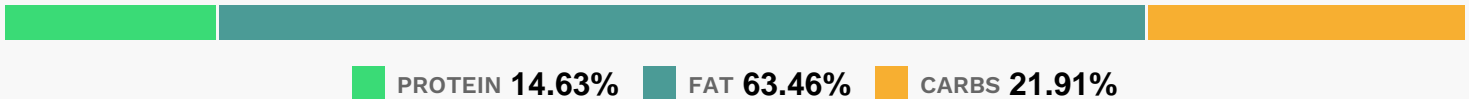
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Line a large baking sheet with parchment paper or foil.
- ☐ Unroll dough and place on work surface. Being careful not to tear dough, stretch with hands to a 16-by-9-inch rectangle.
- ☐ Layer ingredients down length of dough, in the center, in following order (overlapping as necessary): half of mozzarella, pepperoni, ham, peppers, green beans and soppressata. Finish with remaining mozzarella.
- ☐ Sprinkle oregano on cheese.
- ☐ Bring long edges of dough over filling and position so edges overlap in center. Trim ends with a knife and pinch to seal edges.
- ☐ Transfer to prepared baking sheet and brush with oil.
- ☐ Cut 6 little slits on top with a small knife for ventilation.
- ☐ Bake until puffed and evenly golden brown, 35 to 40 minutes.
- ☐ Let cool for 5 to 10 minutes. Before serving, trim a tiny slice from each end and discard.
- ☐ Cut stromboli into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:23.632174253464%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 1033.39kcal (51.67%), Fat: 73.02g (112.34%), Saturated Fat: 34.6g (216.27%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 51.34g (18.67%), Sugar: 31.38g (34.87%), Cholesterol: 107.46mg (35.82%), Sodium: 2651.62mg (115.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.88g (75.75%), Phosphorus: 438.96mg (43.9%), Vitamin B12: 2.44µg (40.65%), Vitamin B3: 7.89mg (39.45%), Selenium: 25.4µg (36.29%), Vitamin B1: 0.54mg (36.2%), Calcium: 337.43mg (33.74%), Vitamin K: 31.8µg (30.28%), Zinc: 4.44mg (29.58%), Vitamin B2: 0.48mg (28.2%), Vitamin C: 23mg (27.87%), Iron: 4.43mg (24.59%), Folate: 89.78µg (22.44%), Fiber: 5.39g (21.57%), Vitamin B6: 0.42mg (21.22%), Manganese: 0.41mg (20.25%), Potassium: 684.12mg (19.55%), Vitamin A: 948.57IU (18.97%), Magnesium: 66.18mg (16.55%), Copper: 0.23mg (11.6%), Vitamin B5: 0.86mg (8.56%), Vitamin E: 1.22mg (8.13%), Vitamin D: 0.59µg (3.95%)