



# Tomato-Peppercorn-Cheese Bread

 Vegetarian

READY IN



185 min.

SERVINGS



16

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup water boiling
- 1 cup all-bran cereal
- 0.5 cup sun-dried olives diced
- 2 packages yeast dry
- 1 tablespoon sugar
- 0.3 cup water (105°F to 115°F)
- 2 tablespoons vegetable oil
- 1 teaspoon salt

- 2 teaspoons peppercorns black
- 2 oz cheddar cheese shredded
- 2.3 cups flour all-purpose

## Equipment

- bowl
- baking sheet
- oven
- knife

## Directions

- In small bowl, pour boiling water over cereal and tomatoes; let stand 5 minutes or until mixture is lukewarm.
- In large bowl, dissolve yeast and sugar in warm water. Stir in cereal mixture, oil, salt, ground peppercorns, cheese and enough of the flour to make a soft dough.
- Place dough on lightly floured surface; knead about 5 minutes or until smooth and springy.
- Place dough in greased bowl and turn greased side up. Cover; let rise in warm place 1 to 1 1/2 hours or until double in size.
- Grease large cookie sheet with shortening or cooking spray. Gently push fist into dough to deflate. Shape dough into 10-inch loaf.
- Place on cookie sheet. Cover; let rise in warm place 30 to 40 minutes or until almost double in size.
- Heat oven to 350°F. Make 1/4-inch-deep slits in top of loaf with sharp knife.
- Bake about 35 minutes or until loaf sounds hollow when tapped on bottom.

## Nutrition Facts



## Properties

Glycemic Index:17.42, Glycemic Load:11.55, Inflammation Score:-5, Nutrition Score:9.9452172673267%

## Nutrients (% of daily need)

Calories: 119.49kcal (5.97%), Fat: 3.46g (5.32%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 17.35g (6.31%), Sugar: 2.71g (3.01%), Cholesterol: 3.54mg (1.18%), Sodium: 184.03mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Manganese: 0.54mg (27.21%), Folate: 106.58µg (26.65%), Vitamin B6: 0.5mg (25.07%), Vitamin B1: 0.34mg (22.8%), Vitamin B2: 0.26mg (15.32%), Vitamin B12: 0.77µg (12.78%), Vitamin B3: 2.28mg (11.41%), Selenium: 7.62µg (10.88%), Iron: 1.89mg (10.5%), Phosphorus: 98.46mg (9.85%), Fiber: 2.41g (9.63%), Magnesium: 27.12mg (6.78%), Copper: 0.13mg (6.49%), Zinc: 0.88mg (5.87%), Vitamin K: 5.85µg (5.57%), Potassium: 194.68mg (5.56%), Calcium: 49.9mg (4.99%), Vitamin B5: 0.33mg (3.3%), Vitamin A: 136.26IU (2.73%), Vitamin C: 2.13mg (2.58%), Vitamin E: 0.23mg (1.52%), Vitamin D: 0.19µg (1.25%)