



Two-Cheese Oregano Bread

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 ounce parmesan fresh grated
- ☐ 8 servings pizza dough all-purpose
- ☐ 2 ounces provolone cheese shredded
- ☐ 1 tablespoon cornmeal yellow

Equipment

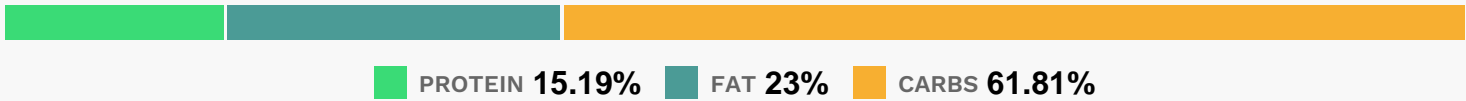
- ☐ baking sheet

- ☐ oven
- ☐ knife

Directions

- ☐ Roll prepared dough into a 12 x 8-inch rectangle.
- ☐ Combine cheeses, oregano, and red pepper; sprinkle over dough, leaving a 1/2-inch border. Beginning with a long side, roll up jelly-roll fashion, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place roll, seam side down, on a baking sheet sprinkled with cornmeal.
- ☐ Cut slits in top of dough using a sharp knife. Cover and let rise in a warm place 40 minutes or until doubled in size.
- ☐ Preheat oven to 45
- ☐ Brush loaf with oil.
- ☐ Bake at 450 for 20 minutes or until loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:1.8491304568622%

Nutrients (% of daily need)

Calories: 181.52kcal (9.08%), Fat: 4.69g (7.22%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 27.36g (9.95%), Sugar: 3.61g (4.01%), Cholesterol: 6.1mg (2.03%), Sodium: 492.61mg (21.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Iron: 1.66mg (9.22%), Calcium: 75.74mg (7.57%), Phosphorus: 50.45mg (5.04%), Fiber: 1.01g (4.04%), Selenium: 1.51µg (2.16%), Zinc: 0.32mg (2.13%), Vitamin B12: 0.12µg (2.08%), Vitamin B2: 0.03mg (1.79%), Vitamin A: 86.54IU (1.73%), Magnesium: 4.32mg (1.08%)