

Italian Stromboli

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

1 tube refrigerated crusty French bread
1 cup mozzarella cheese, shredded
3/4 cup cheddar cheese, shredded
1/4 pound Genoa salami, thinly sliced
1/4 pound ham, thinly sliced
1/4 cup roasted red peppers, chopped
1 tablespoon butter, melted
3 tablespoons Parmesan cheese

Preheat the oven to 375 degrees.

Unroll the dough and pat into a 12 inch by 14 inch rectangle.

Sprinkle with the cheeses to within 1/2-inch of the edges of the dough. Top with the salami, ham and roasted red peppers.

Roll up jelly roll style. Seal the seam and tuck the ends under. Place seam side down on an ungreased baking sheet. Brush with the melted butter and sprinkle with the Parmesan cheese.

Bake for 25 to 30 minutes or until golden brown.

Slice and serve.

Per Serving (excluding unknown items): 1087 Calories; 84g Fat (69.9% calories from fat); 72g Protein; 10g Carbohydrate; 1g Dietary Fiber; 298mg Cholesterol; 2890mg Sodium. Exchanges: 10 1/2 Lean Meat; 1/2 Vegetable; 10 1/2 Fat.

Italian, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	1087	Vitamin B6 (mg):	.6mg
% Calories from Fat:	69.9%	Vitamin B12 (mcg):	2.7mcg
% Calories from Carbohydrates:	3.5%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	26.6%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	84g	Folacin (mcg):	35mcg
Saturated Fat (g):	49g	Niacin (mg):	6mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	4g
Cholesterol (mg):	298mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	72g
Sodium (mg):	2890mg
Potassium (mg):	609mg
Calcium (mg):	1485mg
Iron (mg):	2mg
Zinc (mg):	8mg
Vitamin C (mg):	79mg
Vitamin A (i.u.):	3889IU
Vitamin A (r.e.):	859RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	10 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	10 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	1087	Calories from Fat: 759
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% Daily Values*

Total Fat	84g	129%
Saturated Fat	49g	247%
Cholesterol	298mg	99%
Sodium	2890mg	120%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	2%
Protein	72g	
Vitamin A		78%
Vitamin C		132%
Calcium		149%
Iron		12%

* Percent Daily Values are based on a 2000 calorie diet.