

# Pepper Rolls

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 20 rolls**

*1 large red pepper*  
*2 ounces Cheddar cheese, grated*  
*1 ounce Parmesan cheese, grated*  
*2 tablespoons whole egg mayonnaise*  
*2 tablespoons fresh parsley, finely chopped*  
*1 teaspoon fresh thyme, chopped*  
*1 teaspoon fresh oregano, chopped*  
*2 drops Tabasco sauce*  
*salt (to taste)*  
*pepper (to taste)*  
*10 slices fresh bread*  
*1 1/2 ounces butter, melted*  
*paprika*

## **Preparation Time: 30 minutes**

### **Cook Time: 12 minutes**

Halve the red pepper and remove the seeds and membrane. Cook skin-side-up under a hot grill until the skin is black and blistered. Place in a plastic bag and leave to cool. Then peel. Finely chop the flesh. Combine in a bowl with the Cheddar, Parmesan, mayonnaise, parsley, thyme, oregano, Tabasco, salt and pepper.

Cut the crusts from the bread. Flatten the slices well with a rolling pin. Brush both sides with the melted butter.

Spread the pepper mixture on each slice, leaving a 1/2-inch border. Roll up and secure with toothpicks. Cover and refrigerate for at least two hours.

Preheat the oven to 350 degrees. Cut each roll in half and secure with a toothpick. Bake on a baking tray for about 12 to 12 minutes, or until the rolls are crisp and pale golden. Sprinkle with paprika.

Serve warm.

---

Per Serving (excluding unknown items): 699 Calories; 62g Fat (78.7% calories from fat); 28g Protein; 10g Carbohydrate; 3g Dietary Fiber; 175mg Cholesterol; 1238mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 10 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	699	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	78.7%	<b>Vitamin B12 (mcg):</b>	.9mcg
<b>% Calories from Carbohydrates:</b>	5.7%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	15.5%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	62g	<b>Folacin (mcg):</b>	52mcg
<b>Saturated Fat (g):</b>	39g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	18g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	175mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	10g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	28g	<b>Lean Meat:</b>	3 1/2
<b>Sodium (mg):</b>	1238mg	<b>Vegetable:</b>	1 1/2
<b>Potassium (mg):</b>	357mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	836mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	10
<b>Zinc (mg):</b>	3mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	238mg		
<b>Vitamin A (i.u.):</b>	9324IU		
<b>Vitamin A (r.e.):</b>	1284 1/2RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 699	Calories from Fat: 550
<b>% Daily Values*</b>	
<b>Total Fat</b> 62g	96%
Saturated Fat 39g	194%
<b>Cholesterol</b> 175mg	58%
<b>Sodium</b> 1238mg	52%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 3g	11%
<b>Protein</b> 28g	
<b>Vitamin A</b>	186%
<b>Vitamin C</b>	396%
<b>Calcium</b>	84%
<b>Iron</b>	10%

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