

Italian Sausage Bread

Iris Howell

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 loaf frozen bread dough, thawed and raised
1 can (6 ounce) Italian tomato paste
1 small green pepper, roasted
1 small onion, roasted
8 ounces Italian sausage, cooked and drained
1 teaspoon Italian seasoning

Preheat the oven to 350 degrees.
Roll out the dough on a floured board.
Spread the paste thinly over the dough.
Add all of the other ingredients.
Roll the dough and tuck in the ends.
Bake for 45 to 60 minutes.
Remove from the oven and brush with egg white.

Per Serving (excluding unknown items): 2133 Calories; 90g Fat (38.9% calories from fat); 80g Protein; 237g Carbohydrate; 22g Dietary Fiber; 172mg Cholesterol; 4206mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 3 Vegetable; 12 Fat.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	2133	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	38.9%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	45.7%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	15.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	90g	Folacin (mcg):	65mcg
Saturated Fat (g):	26g	Niacin (mg):	8mg
Monounsaturated Fat (g):	33g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	172mg	% Refuse:	n n%

Carbohydrate (g):	237g
Dietary Fiber (g):	22g
Protein (g):	80g
Sodium (mg):	4206mg
Potassium (mg):	957mg
Calcium (mg):	74mg
Iron (mg):	3mg
Zinc (mg):	4mg
Vitamin C (mg):	118mg
Vitamin A (i.u.):	752IU
Vitamin A (r.e.):	75RE

Food Exchanges

Grain (Starch):	2
Lean Meat:	4 1/2
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	12
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	2133	Calories from Fat: 829
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% Daily Values*

Total Fat	90g	138%
Saturated Fat	26g	128%
Cholesterol	172mg	57%
Sodium	4206mg	175%
Total Carbohydrates	237g	79%
Dietary Fiber	22g	90%
Protein	80g	
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Vitamin A		15%
Vitamin C		196%
Calcium		7%
Iron		19%

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