

## Antipasto Squares

 Popular

READY IN



60 min.

SERVINGS



10

CALORIES



429 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 pound ham boiled thinly sliced
- ☐ 3 eggs
- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 pound pepperoni sausage thinly sliced
- ☐ 0.3 pound provolone cheese thinly sliced
- ☐ 20 ounce crescent dinner rolls refrigerated canned
- ☐ 12 ounce roasted peppers red drained cut into thin strips

- ☐ 0.3 pound genoa salami thinly sliced
- ☐ 0.3 pound swiss cheese thinly sliced

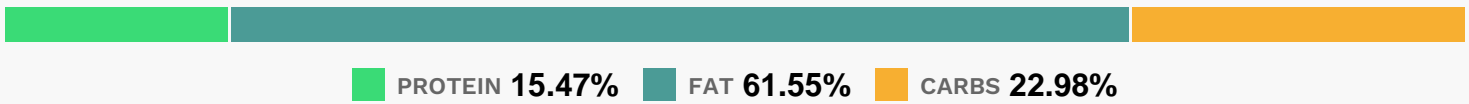
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F (175 C).
- ☐ Unroll one package of crescent roll dough, and cover the bottom of a 9x13 inch pan.
- ☐ Layer the ham, provolone cheese, Swiss cheese, salami, pepperoni, and red peppers, on top of the dough.
- ☐ In a bowl, beat the eggs lightly, and stir in the parmesan cheese and black pepper.
- ☐ Pour 3/4 of this mixture over the peppers. Unroll the second package of dough, and place over the top of the peppers.
- ☐ Brush with the remaining egg mixture. Cover with aluminum foil.
- ☐ Bake for 25 minutes in the preheated oven.
- ☐ Remove foil, and bake another 10 to 20 minutes, or until dough is fluffy and golden brown.
- ☐ Cut into squares.
- ☐ Serve warm, or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:14.2, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:9.6621738931407%

## Nutrients (% of daily need)

Calories: 429.48kcal (21.47%), Fat: 30g (46.15%), Saturated Fat: 13.27g (82.91%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 24.78g (9.01%), Sugar: 5.82g (6.46%), Cholesterol: 94.07mg (31.36%), Sodium: 1647.56mg (71.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.96g (33.92%), Phosphorus: 234.93mg (23.49%), Selenium: 15.91µg (22.73%), Calcium: 226.46mg (22.65%), Vitamin C: 15.82mg (19.17%), Vitamin B12: 1.11µg (18.51%), Zinc: 2.12mg (14.15%), Vitamin B2: 0.21mg (12.54%), Vitamin B1: 0.15mg (10.26%), Vitamin B6: 0.2mg (10.21%), Iron: 1.77mg (9.85%), Vitamin A: 455.61IU (9.11%), Manganese: 0.15mg (7.46%), Vitamin B3: 1.42mg (7.12%), Copper: 0.12mg (5.98%), Vitamin B5: 0.58mg (5.79%), Potassium: 201.7mg (5.76%), Magnesium: 20.99mg (5.25%), Folate: 14.7µg (3.68%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.36mg (2.39%), Fiber: 0.43g (1.73%), Vitamin K: 1.29µg (1.23%)