



WHATSheATE



Big and Cheesy Pepperoni Pockets

READY IN



25 min.

SERVINGS



4

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce grands!® big & flaky crescent dinner rolls pillsbury® canned
- ☐ 0.3 teaspoon penzey's southwest seasoning italian
- ☐ 4 tablespoons tomatoes
- ☐ 64 slices pepperoni
- ☐ 1.3 cups mozzarella cheese shredded

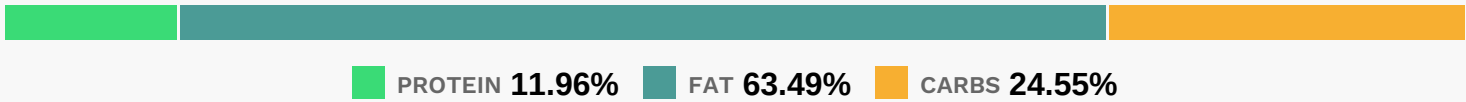
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F. Separate dough into 4 rectangles.
- ☐ Place on ungreased cookie sheet. Press each to 7x5 inches, firmly pressing perforations to seal.
- ☐ Spread 1 tablespoon marinara sauce on each rectangle to within 1/2 inch of edges.
- ☐ Place 8 slices of pepperoni in center of each rectangle; top with 1/3 cup cheese and 8 more slices pepperoni. Bring ends up over filling, overlapping about 1 inch. Press edges with fork to seal.
- ☐ Brush each sandwich with water, and sprinkle with Italian seasoning.
- ☐ Bake 13 to 15 minutes or until golden brown. Immediately remove from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:8.2152174607567%

Nutrients (% of daily need)

Calories: 574.88kcal (28.74%), Fat: 41.5g (63.84%), Saturated Fat: 18.24g (113.98%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 35.82g (13.03%), Sugar: 9.43g (10.48%), Cholesterol: 60.53mg (20.18%), Sodium: 1478.44mg (64.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.18%), Selenium: 15.72µg (22.46%), Vitamin B12: 1.27µg (21.12%), Calcium: 198.71mg (19.87%), Phosphorus: 186.96mg (18.7%), Zinc: 1.91mg (12.72%), Vitamin B2: 0.2mg (11.66%), Manganese: 0.22mg (11.19%), Iron: 1.85mg (10.29%), Vitamin B3: 1.79mg (8.95%), Vitamin B6: 0.15mg (7.28%), Vitamin B1: 0.1mg (6.78%), Vitamin A: 319.45IU (6.39%), Vitamin B5: 0.48mg (4.79%), Potassium: 162.18mg (4.63%), Vitamin E: 0.64mg (4.26%), Magnesium: 15.81mg (3.95%), Vitamin D: 0.57µg (3.77%), Vitamin K: 3.91µg (3.73%), Copper: 0.05mg (2.56%), Folate: 5.86µg (1.46%), Vitamin C: 1.05mg (1.28%), Fiber: 0.28g (1.11%)