



Calzone Pinwheels

READY IN



30 min.

SERVINGS



16

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup part-skim mozzarella cheese shredded
- 0.5 cup part-skim ricotta
- 0.5 cup pepperoni diced
- 0.3 cup parmesan cheese grated
- 0.3 cup mushrooms fresh chopped
- 0.3 cup bell pepper green finely chopped
- 2 tablespoons onion finely chopped
- 1 teaspoon seasoning italian
- 0.3 teaspoon salt

- 8 ounces regular crescent rolls refrigerated
- 14 ounces tomato sauce warmed

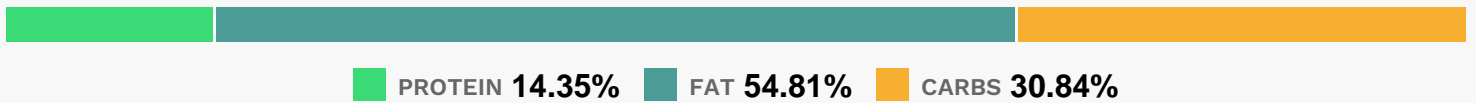
Equipment

- bowl
- baking sheet
- oven
- serrated knife

Directions

- Preheat oven to 375°. In a small bowl, mix the first 9 ingredients.
- Unroll crescent dough and separate into 4 rectangles; press perforations to seal.
- Spread rectangles with cheese mixture to within 1/4 in. of edges.
- Roll up jelly-roll style, starting with a short side; pinch seam to seal.
- Using a serrated knife, cut each roll into 4 slices; place on a greased baking sheet, cut side down.
- Bake until golden brown, 12–15 minutes.
- Serve with pizza sauce.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:2.8113043411918%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 101.15kcal (5.06%), Fat: 6.38g (9.82%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.58g (2.76%), Sugar: 2.51g (2.79%), Cholesterol: 9.43mg (3.14%), Sodium: 379.9mg (16.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Calcium: 68.99mg (6.9%), Phosphorus: 54.87mg (5.49%), Selenium: 3.67µg (5.24%), Vitamin C: 3.74mg (4.53%), Vitamin B2: 0.06mg (3.72%), Vitamin A: 178.29IU (3.57%), Iron: 0.58mg (3.2%), Potassium: 111.1mg (3.17%), Manganese: 0.06mg (3.07%), Vitamin E: 0.44mg (2.96%), Zinc: 0.43mg (2.83%), Vitamin B6: 0.05mg (2.6%), Vitamin B3: 0.51mg (2.53%), Copper: 0.04mg (2.17%), Fiber: 0.5g (2%), Vitamin B12: 0.12µg (1.98%), Magnesium: 7.7mg (1.93%), Vitamin K: 1.99µg (1.9%), Vitamin B5: 0.17mg (1.72%), Vitamin B1: 0.02mg (1.44%), Folate: 4.85µg (1.21%)