



Cheesy Herb Pinwheels

 Gluten Free

READY IN



31 min.

SERVINGS



18

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon seasoning italian
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.7 cup water
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 1 cup tomato sauce
- ☐ 3 cups frangelico

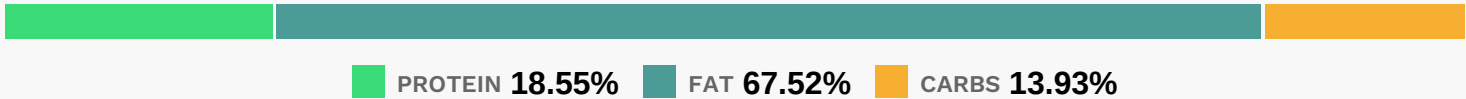
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Grease cookie sheet.
- ☐ Mix Bisquick, Italian seasoning, garlic powder and water until dough forms. Turn dough onto surface dusted with Bisquick; gently roll in Bisquick to coat. Knead 10 times.
- ☐ Roll dough into 18x10-inch rectangle.
- ☐ Brush with melted butter.
- ☐ Sprinkle with cheeses. Tightly roll up dough; pinch edge to seal.
- ☐ Cut roll into eighteen 1-inch slices.
- ☐ Place on cookie sheet.
- ☐ Bake 11 to 13 minutes or until golden.
- ☐ Heat pizza sauce until hot. Dip pinwheels into sauce.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:1.4273912893689%

Nutrients (% of daily need)

Calories: 36.05kcal (1.8%), Fat: 2.77g (4.26%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.53g (0.58%), Cholesterol: 4.87mg (1.62%), Sodium: 147.82mg (6.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Calcium: 44.74mg (4.47%), Phosphorus: 33.17mg (3.32%), Vitamin A: 161.53IU (3.23%), Selenium: 1.61µg (2.3%), Vitamin E: 0.29mg (1.9%), Vitamin B12: 0.11µg (1.83%), Vitamin B2: 0.03mg (1.68%), Zinc: 0.25mg (1.65%), Potassium: 50.95mg (1.46%), Manganese: 0.02mg (1.21%), Vitamin C: 0.96mg (1.16%), Vitamin K: 1.19µg (1.13%), Iron: 0.2mg (1.12%), Fiber: 0.26g (1.04%), Magnesium: 4.13mg (1.03%)