



Crescent Pizza Pinwheels

 Gluten Free

READY IN



35 min.

SERVINGS



24

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons bell pepper green finely chopped
- 0.5 cup cheese blend shredded italian
- 2 tablespoons parmesan cheese grated
- 0.3 cup pepperoni finely chopped
- 0.5 cup pizza sauce

Equipment

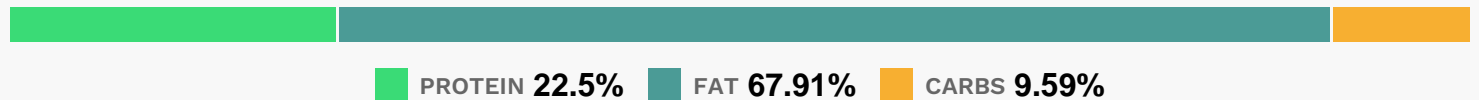
- baking sheet
- oven

serrated knife

Directions

- Heat oven to 350 degrees F. Spray cookie sheet with cooking spray.
- If using crescent rolls: Unroll dough; separate dough into 4 rectangles. If using dough sheet: Unroll dough and cut into 4 rectangles. Firmly press perforations to seal.
- Sprinkle Parmesan cheese, pepperoni, bell pepper and Italian cheese blend over each rectangle.
- Starting with one short side, roll up each rectangle; press edge to seal. With serrated knife, cut each roll into 6 slices; place cut side down on cookie sheet.
- Bake 13 to 17 minutes or until edges are golden brown. Meanwhile, heat pizza sauce. Immediately remove pinwheels from cookie sheet.
- Serve warm with warm pizza sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.51652174281037%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 18.53kcal (0.93%), Fat: 1.44g (2.22%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.2g (0.22%), Cholesterol: 2.35mg (0.78%), Sodium: 60.74mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin C: 0.98mg (1.19%)