



Crescent Pizza Pockets

READY IN



25 min.

SERVINGS



4

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon parmesan cheese grated
- 0.5 cup pepperoni sliced
- 0.3 cup pizza sauce
- 8 ounce crescent dinner rolls refrigerated pillsbury® canned
- 0.8 cup mozzarella cheese shredded

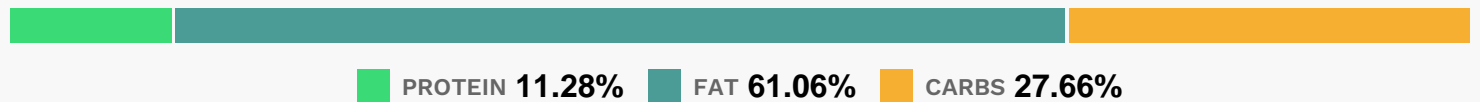
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375 degrees F. Unroll dough on cookie sheet and separate into 4 rectangles; press each into 6x4-inch rectangle, firmly pressing perforations to seal.
- Spread 1 tablespoon pizza sauce on half of each rectangle to within 1 inch of edge.
- Sprinkle each with 3 tablespoons cheese; top with 6 slices pepperoni. Fold dough diagonally over filling; firmly press edges with fork to seal.
- Sprinkle each triangle with 1/4 teaspoon grated cheese. With fork, prick top of each to allow steam to escape.
- Bake 13 to 15 minutes or until deep golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:4.6021738674333%

Nutrients (% of daily need)

Calories: 341.5kcal (17.07%), Fat: 23.81g (36.64%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 24.04g (8.74%), Sugar: 6.43g (7.15%), Cholesterol: 31.36mg (10.45%), Sodium: 894.08mg (38.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Calcium: 121.77mg (12.18%), Selenium: 8.19µg (11.7%), Vitamin B12: 0.68µg (11.32%), Phosphorus: 108.6mg (10.86%), Zinc: 1.04mg (6.97%), Vitamin B2: 0.11mg (6.47%), Iron: 1.15mg (6.37%), Manganese: 0.11mg (5.39%), Vitamin B3: 0.88mg (4.4%), Vitamin A: 218.92IU (4.38%), Vitamin B6: 0.07mg (3.75%), Vitamin B1: 0.05mg (3.24%), Potassium: 102.41mg (2.93%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.25mg (2.48%), Magnesium: 9.47mg (2.37%), Vitamin D: 0.27µg (1.83%), Vitamin K: 1.75µg (1.67%), Copper: 0.03mg (1.66%), Vitamin C: 1.07mg (1.3%)