



## Easy Crescent Muffuletta

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounces ham thinly sliced
- 4 ounce provolone cheese
- 3 ounces genoa salami thinly sliced

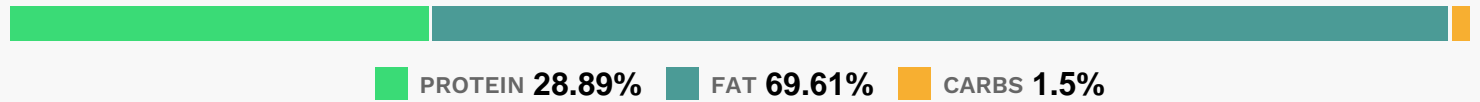
### Equipment

- baking sheet
- oven

## Directions

- Separate or cut dough into 2 long rectangles.
- Place long sides together on large ungreased cookie sheet; press into 15x12-inch rectangle (if using crescent rolls, press perforations to seal).
- Layer ham, salami, roasted peppers and cheese down center of rectangle. Fold short and long sides of dough over filling; pinch edges to seal.
- Place seam side down on cookie sheet.
- Bake at 375 degrees F 14 to 18 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.88, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:4.3900000142015%

## Nutrients (% of daily need)

Calories: 127.47kcal (6.37%), Fat: 9.73g (14.97%), Saturated Fat: 4.54g (28.35%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.08g (0.09%), Cholesterol: 26.97mg (8.99%), Sodium: 511.57mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.17%), Phosphorus: 124.99mg (12.5%), Vitamin B1: 0.19mg (12.45%), Selenium: 7.97µg (11.39%), Calcium: 109.54mg (10.95%), Vitamin B12: 0.6µg (9.92%), Zinc: 1.23mg (8.22%), Vitamin B2: 0.11mg (6.58%), Vitamin B3: 1.25mg (6.25%), Vitamin B6: 0.12mg (6.13%), Potassium: 100.29mg (2.87%), Vitamin A: 124.74IU (2.49%), Vitamin B5: 0.24mg (2.45%), Magnesium: 9mg (2.25%), Iron: 0.34mg (1.86%), Copper: 0.03mg (1.62%), Vitamin D: 0.17µg (1.13%)