



Easy Crescent Muffuletta

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces ham thinly sliced
- ☐ 4 ounce provolone cheese
- ☐ 0.3 cup roasted bell peppers red drained chopped well
- ☐ 3 ounces genoa salami thinly sliced

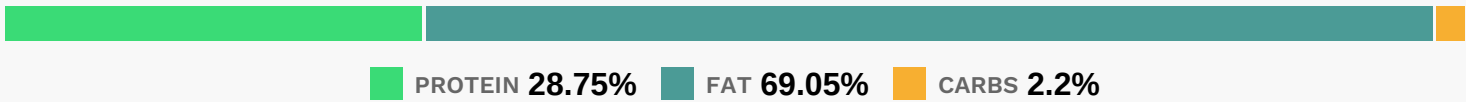
Equipment

- ☐ 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:4.7073912840822%

Nutrients (% of daily need)

Calories: 128.52kcal (6.43%), Fat: 9.75g (15%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.08g (0.09%), Cholesterol: 26.97mg (8.99%), Sodium: 591.43mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.27%), Phosphorus: 126.15mg (12.62%), Vitamin B1: 0.19mg (12.55%), Selenium: 7.99µg (11.42%), Calcium: 111.93mg (11.19%), Vitamin B12: 0.6µg (9.92%), Zinc: 1.24mg (8.29%), Vitamin B2: 0.11mg (6.69%), Vitamin B6: 0.13mg (6.65%), Vitamin B3: 1.28mg (6.41%), Vitamin C: 2.71mg (3.29%), Potassium: 108.8mg (3.11%), Vitamin A: 155.07IU (3.1%), Vitamin B5: 0.25mg (2.47%), Magnesium: 9.64mg (2.41%), Iron: 0.38mg (2.12%), Copper: 0.04mg (2%), Vitamin D: 0.17µg (1.13%), Manganese: 0.02mg (1.01%)