



Easy Stromboli

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup and/or bell pepper green red chopped
- ☐ 0.3 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.5 pound ground beef lean
- ☐ 0.3 cup pizza sauce
- ☐ 13.8 ounce classic pizza crust refrigerated pillsbury® canned
- ☐ 1 cup mozzarella cheese shredded

Equipment

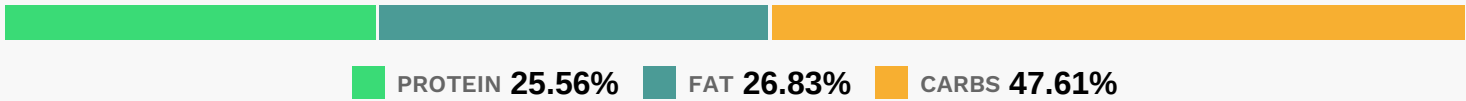
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 degrees F. Spray cookie sheet with nonstick cooking spray. Brown ground beef in medium skillet over medium-high heat until thoroughly cooked, stirring frequently.
- ☐ Drain. Set aside.
- ☐ Unroll dough; place on sprayed cookie sheet. Starting at center, press out dough with hands to form 12x8-inch rectangle.
- ☐ Spread sauce over dough to within 2 inches of long sides and 1/2 inch of short sides.
- ☐ Place cooked ground beef lengthwise down center, forming 3-inch-wide strip and to within 1/2 inch of short sides. Top with cheese, bell pepper and Italian seasoning. Fold long sides of dough over filling; press edges to seal.
- ☐ Bake at 400 degrees F. for 15 to 20 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:7.3160869245944%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 272.47kcal (13.62%), Fat: 8.14g (12.52%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 31.19g (11.34%), Sugar: 4.86g (5.4%), Cholesterol: 38.18mg (12.73%), Sodium: 662.07mg (28.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.89%), Vitamin B12: 1.27µg (21.21%), Zinc: 2.51mg (16.73%), Iron: 2.9mg (16.1%), Phosphorus: 145.42mg (14.54%), Selenium: 9.82µg (14.03%), Vitamin B3: 2.26mg (11.31%), Vitamin C: 8.66mg (10.5%), Calcium: 100.86mg (10.09%), Vitamin B6: 0.18mg (9.2%), Vitamin B2: 0.13mg (7.41%), Vitamin A: 366.19IU (7.32%), Potassium: 189.44mg (5.41%), Fiber: 1.3g (5.19%), Magnesium: 14.55mg (3.64%), Vitamin B5: 0.32mg (3.21%), Vitamin E: 0.4mg (2.68%), Copper: 0.04mg (2.22%), Vitamin B1: 0.03mg (1.8%), Folate: 7.17µg (1.79%), Manganese: 0.03mg (1.57%), Vitamin K: 1.65µg (1.57%)