



Easy Stromboli

READY IN



35 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon seasoning dried italian
- 0.5 pound ground beef lean
- 0.3 cup tomato sauce
- 13.8 ounce pizza dough refrigerated pillsbury® canned
- 1 cup mozzarella cheese shredded

Equipment

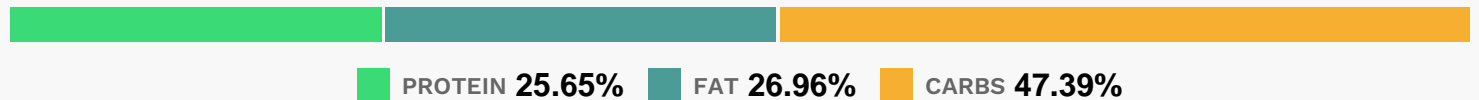
- frying pan
- baking sheet

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:12.83, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:6.4878260519194%

Nutrients (% of daily need)

Calories: 270.86kcal (13.54%), Fat: 8.12g (12.49%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 30.94g (11.25%), Sugar: 4.6g (5.11%), Cholesterol: 38.18mg (12.73%), Sodium: 661.82mg (28.77%), Alcohol: 0g (100%), Protein: 17.38g (34.76%), Vitamin B12: 1.27µg (21.21%), Zinc: 2.49mg (16.63%), Iron: 2.87mg (15.95%), Phosphorus: 143.8mg (14.38%), Selenium: 9.82µg (14.02%), Vitamin B3: 2.2mg (11.01%), Calcium: 100.43mg (10.04%), Vitamin B6: 0.17mg (8.3%), Vitamin B2: 0.12mg (7.1%), Potassium: 176.34mg (5.04%), Fiber: 1.17g (4.67%), Magnesium: 13.81mg (3.45%), Vitamin A: 171.81IU (3.44%), Vitamin B5: 0.3mg (3.01%), Copper: 0.04mg (2.17%), Vitamin E: 0.3mg (2.02%), Vitamin B1: 0.02mg (1.58%), Vitamin K: 1.35µg (1.28%), Manganese: 0.02mg (1.22%), Folate: 4.31µg (1.08%)