



## Five Cheese Salami Stromboli

READY IN



45 min.

SERVINGS



45

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 eggs
- 0.3 cup flour
- 1 cup italian\* five cheese blend shredded kraft finely
- 0.5 cup classico pizza sauce traditional
- 1 lb pizza dough refrigerated
- 12 slices genoa salami cut into 1/2-inch-wide strips thin
- 1 Tbsp water

### Equipment

baking sheet

oven

## Directions

Heat oven to 400F.

Divide dough into 4 pieces.

Roll out each piece into 7x5-inch rectangle on lightly floured surface.

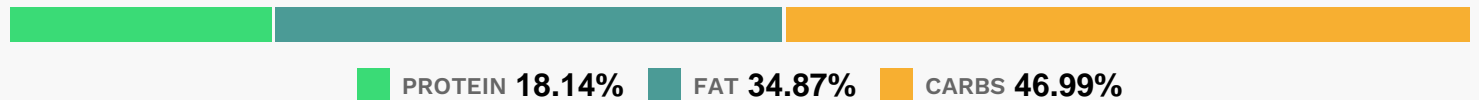
Spread 2 Tbsp. sauce onto each dough rectangle, leaving 1-inch border around all sides. Top evenly with half the cheese, salami and remaining cheese.

Roll up each rectangle, starting at one short end. Pinch edges and ends together to completely enclose filling.

Place, seam-sides down, on baking sheet covered with parchment or sprayed with cooking spray. Beat egg and water; brush onto dough.

Bake 25 to 30 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:3.29, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:0.73869563833527%

## Nutrients (% of daily need)

Calories: 47.13kcal (2.36%), Fat: 1.85g (2.85%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.4g (1.97%), Sugar: 0.73g (0.81%), Cholesterol: 6.03mg (2.01%), Sodium: 146.17mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Iron: 0.38mg (2.1%), Vitamin B1: 0.03mg (1.92%), Selenium: 1.16µg (1.66%), Vitamin B12: 0.08µg (1.27%), Vitamin B2: 0.02mg (1.03%), Vitamin B3: 0.2mg (1.02%)