



food  
network

## Ham and Pepperoni Stromboli

READY IN



40 min.

SERVINGS



6

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 egg whites
- 0.3 cup flour for dusting all-purpose
- 10 basil leaves fresh
- 1 tablespoon parsley fresh minced
- 1 pound tavern ham sliced thin
- 8 ounces capicola ham sliced thin
- 1.5 cups mozzarella cheese
- 8 ounces pepperoni sliced thin
- 1 pound pizza dough prepared

1 cup tomato sauce

## Equipment

frying pan

baking paper

oven

## Directions

Preheat the oven to 375 degrees F.

Sprinkle a clean dry work surface with flour.

Roll the dough into a 10- by 14-inch rectangle, making sure not to flip the dough over, rotating by 90 degrees as needed. After rolling the dough, apply the egg whites to cover inner section (10- by 3-inch). Then add 1/4 cup mozzarella followed by both hams, another 1/4 cup cheese and then finish with the pepperoni. To finish stuffing, add the remaining cheese and drizzle with the sauce and herbs.

Next, brush the edges with some of the egg whites. Fold the bottom and top edges over the filling, and then fold the sides over twice, 1 inch at a time, resulting in a 6- by 14-inch tube.

Brush the outside of the stromboli with the remaining egg whites, place on a sheet pan lined with parchment paper and bake until firm and golden brown, 15 to 18 minutes.

Remove from the oven and let rest for 5 minutes.

Cut into 5 to 6 portions and serve.

## Nutrition Facts

 **PROTEIN 24%**  **FAT 53.31%**  **CARBS 22.69%**

## Properties

Glycemic Index:46.17, Glycemic Load:3.88, Inflammation Score:-4, Nutrition Score:21.514782698258%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

## Nutrients (% of daily need)

Calories: 770.39kcal (38.52%), Fat: 45.32g (69.72%), Saturated Fat: 17.76g (111.01%), Carbohydrates: 43.4g (14.47%), Net Carbohydrates: 41.48g (15.08%), Sugar: 6.52g (7.25%), Cholesterol: 129.09mg (43.03%), Sodium: 2876.06mg (125.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.9g (91.81%), Selenium: 45.48µg (64.97%), Vitamin B1: 0.84mg (56.28%), Phosphorus: 420.42mg (42.04%), Vitamin B3: 7.71mg (38.56%), Vitamin B6: 0.62mg (31.13%), Vitamin B12: 1.86µg (31.08%), Vitamin B2: 0.52mg (30.84%), Zinc: 4.51mg (30.08%), Iron: 4.36mg (24.21%), Potassium: 597.98mg (17.09%), Manganese: 0.34mg (16.91%), Vitamin K: 17.7µg (16.85%), Calcium: 165.82mg (16.58%), Vitamin B5: 1.18mg (11.77%), Magnesium: 43.08mg (10.77%), Vitamin E: 1.45mg (9.68%), Copper: 0.19mg (9.6%), Vitamin D: 1.4µg (9.31%), Vitamin A: 457.42IU (9.15%), Fiber: 1.92g (7.68%), Folate: 22.32µg (5.58%), Vitamin C: 3.87mg (4.68%)