



## Ham & Cheese Roll-Ups

READY IN



50 min.

SERVINGS



50

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz oscar mayer ham smoked
- 1 cup polly-o mozzarella cheese shredded
- 10 oz pizza crust refrigerated canned

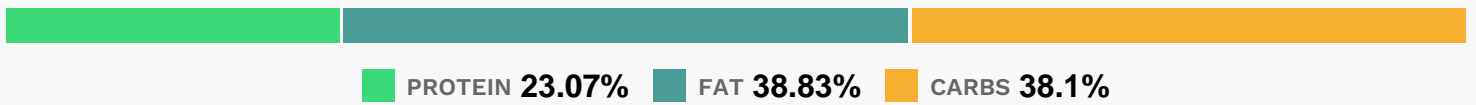
### Equipment

- baking sheet
- oven

### Directions

- Preheat oven to 400F. Unroll pizza crust dough onto lightly floured surface; press to form 12x8-inch rectangle.
- Arrange ham slices evenly over dough to within 1/2 inch of edges; sprinkle evenly with cheese. Starting at one of the short ends, roll up dough to form log. Pinch seam together to seal.
- Place, seam side down, on greased baking sheet.
- Bake 25 to 30 minutes or until deep golden brown.
- Let stand 10 minutes before cutting into 8 slices.
- Serve with yellow mustard or KRAFT Horseradish Sauce, if desired.

## Nutrition Facts



### Properties

Glycemic Index:0.54, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.57999999869777%

### Nutrients (% of daily need)

Calories: 28.93kcal (1.45%), Fat: 1.25g (1.92%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.37g (0.42%), Cholesterol: 3.88mg (1.29%), Sodium: 95.42mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Selenium: 1.15µg (1.65%), Phosphorus: 15.21mg (1.52%), Vitamin B1: 0.02mg (1.41%), Vitamin B12: 0.07µg (1.21%), Calcium: 11.55mg (1.16%), Iron: 0.19mg (1.07%)