



Inside-Out Pizza Rolls

READY IN



45 min.

SERVINGS



5

CALORIES



407 kcal

Ingredients

- 0.5 lb sausage meat italian
- 10.2 oz biscuits refrigerated canned (5 biscuits)
- 0.3 cup onion chopped
- 1.5 cups pasta sauce
- 0.3 cup bell pepper red chopped
- 2 oz mozzarella cheese shredded

Equipment

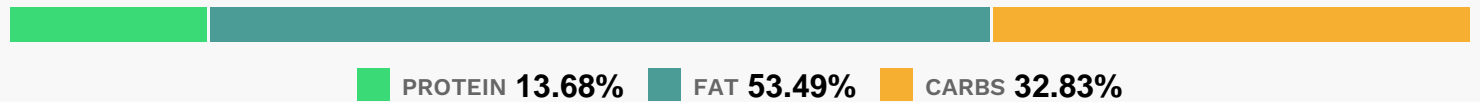
- frying pan
- baking sheet

oven

Directions

- Heat oven to 375F. In 8-inch skillet, cook sausage, onion and bell pepper over medium heat 10 minutes, stirring frequently, until sausage is no longer pink; drain. Cool 10 minutes.
- Separate dough into 5 biscuits. On ungreased large cookie sheet, press each biscuit into 6-inch round. Top half of each round with sausage mixture and cheese to within 1/2 inch of edge. Fold dough over filling; press edges firmly with fork to seal.
- Bake 12 to 15 minutes or until golden brown.
- Serve warm calzones with warm pasta sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:19.38, Inflammation Score:-6, Nutrition Score:14.114782685819%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 406.85kcal (20.34%), Fat: 24.36g (37.48%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 31.45g (11.44%), Sugar: 5.51g (6.12%), Cholesterol: 42.2mg (14.07%), Sodium: 1253.49mg (54.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.03%), Phosphorus: 374.94mg (37.49%), Vitamin B1: 0.4mg (26.78%), Vitamin B3: 4.9mg (24.49%), Vitamin C: 15.79mg (19.14%), Selenium: 13.3µg (19%), Vitamin B2: 0.31mg (18.43%), Iron: 3.22mg (17.9%), Manganese: 0.33mg (16.66%), Potassium: 500.24mg (14.29%), Vitamin B6: 0.28mg (13.83%), Vitamin E: 2.05mg (13.66%), Folate: 53.8µg (13.45%), Vitamin A: 663.56IU (13.27%), Vitamin B12: 0.73µg (12.08%), Zinc: 1.79mg (11.94%), Calcium: 102.95mg (10.3%), Fiber: 2.19g (8.77%), Copper: 0.17mg (8.46%), Magnesium: 31.44mg (7.86%), Vitamin B5: 0.76mg (7.58%), Vitamin K: 5.28µg (5.03%), Vitamin D: 0.63µg (4.23%)