



Jazzy Ranch Dip and Pizza Rolls

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



136 kcal

Ingredients

- 1 cup ranch dressing
- 0.5 teaspoon chili powder
- 0.5 teaspoon ground cumin
- 16 pizza cheese frozen pizza rolls®

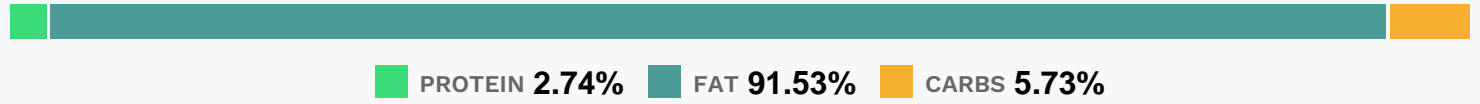
Equipment

- bowl
- oven

Directions

- In small bowl, mix dressing, chili powder and cumin. Cover; refrigerate 1 hour to blend flavors.
- Bake pizza snacks as directed on package.
- Serve with dip.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7695651343497%

Nutrients (% of daily need)

Calories: 136.24kcal (6.81%), Fat: 13.9g (21.38%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.42g (1.58%), Cholesterol: 8.2mg (2.73%), Sodium: 276.36mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin K: 40.34µg (38.42%), Phosphorus: 56.8mg (5.68%), Vitamin E: 0.72mg (4.79%), Vitamin B5: 0.24mg (2.41%), Vitamin B2: 0.03mg (1.63%), Selenium: 1.08µg (1.55%), Calcium: 13.98mg (1.4%), Iron: 0.19mg (1.08%)