



Mediterranean Pinwheels

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons basil dried
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 6 kalamata olives pitted chopped
- ☐ 2 teaspoons oregano dried
- ☐ 10 ounce pizza dough refrigerated canned
- ☐ 1 ounce sun-dried tomatoes 12
- ☐ 0.5 cup water boiling

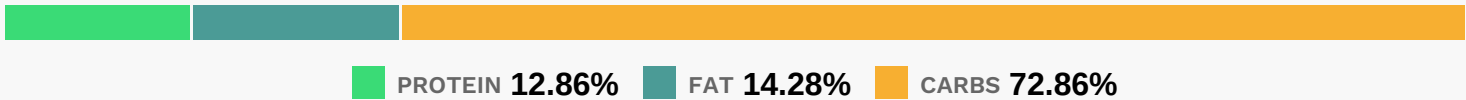
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Preheat oven to 42
- ☐ Combine boiling water and tomatoes in a bowl; let stand 10 minutes or until soft.
- ☐ Drain and chop.
- ☐ Stir together olives and next 4 ingredients.
- ☐ Add reserved tomato.
- ☐ Roll dough into a 12 x 8-inch rectangle; spread evenly with olive mixture.
- ☐ Roll up dough, starting at long side and pressing firmly to eliminate air pockets; pinch seam to seal.
- ☐ Place on an ungreased baking sheet.
- ☐ Bake at 425 for 15 minutes or until lightly browned.
- ☐ Let stand 5 minutes.
- ☐ Cut into diagonal slices, using a serrated knife.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:2.9230435348075%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.24kcal (2.61%), Fat: 0.86g (1.33%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.16g (3.33%), Sugar: 1.8g (2%), Cholesterol: 0mg (0%), Sodium: 155.01mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin K: 35.23µg (33.56%), Iron: 0.97mg (5.39%), Vitamin C: 3.25mg (3.94%), Vitamin A: 184.53IU (3.69%), Manganese: 0.06mg (3.18%), Fiber: 0.75g (3.01%), Potassium: 78.98mg (2.26%), Copper: 0.04mg (1.79%), Magnesium: 6.22mg (1.56%), Folate: 5.09µg (1.27%), Calcium: 12.67mg (1.27%), Vitamin B3: 0.21mg (1.04%)