



Party Sausage Pizza Rolls

READY IN



70 min.

SERVINGS



8

CALORIES



439 kcal

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 12 large leaves basil fresh
- ☐ 1 clove garlic minced
- ☐ 2 cups blend cheese shredded italian
- ☐ 12 ounces sausage italian sliced into 1/4-inch rounds
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons olive oil plus more for brushing
- ☐ 0.5 small onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan grated

- ☐ 1 pound pizza dough frozen thawed at room temperature
- ☐ 1 pinch pepper flakes red
- ☐ 15 ounce tomato purée canned

Equipment

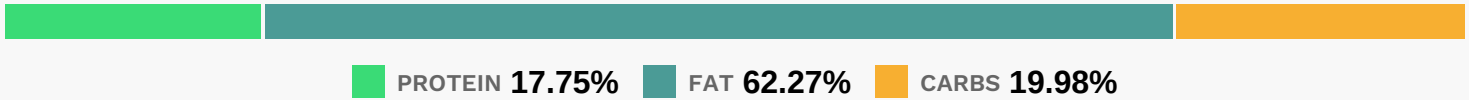
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 425 degrees F. Line a rimmed baking sheet with parchment paper.
- ☐ Heat 1 tablespoon of the olive oil in a medium saucepan over medium heat.
- ☐ Add the onions and 1/2 teaspoon of the oregano, season with 1 teaspoon salt and cook, stirring occasionally, until soft, about 4 minutes.
- ☐ Add the garlic and cook until fragrant, about 1 minute.
- ☐ Add the tomato puree, 1/4 cup water, 5 torn basil leaves and the red pepper flakes. Bring to a simmer and cook until slightly thickened, about 4 minutes. Season with salt and pepper.
- ☐ Meanwhile, heat the remaining tablespoon olive oil in a large skillet over medium-high heat.
- ☐ Add the sausage rounds and brown on both sides, about 4 minutes.
- ☐ Transfer to a paper-towel-lined plate.
- ☐ Mix the Parmesan with the remaining 1/2 teaspoon oregano in a small bowl.
- ☐ Divide the pizza dough into 8 portions. Flatten into 4-inch squares either by stretching with your hands or using a rolling pin. Spoon 1 tablespoon of sauce onto a square and spread around. Top with 1/4 cup of the Italian cheese blend, one-eighth of the sausage and 1 basil leaf. Wrap the dough around the filling and pinch the edge and ends to seal.

- ☐
- Place seam-side down the prepared baking sheet. Repeat with the remaining dough and ingredients.
- ☐
- Brush the rolls with olive oil and sprinkle with the Parmesan oregano mixture.
- ☐
- Cut 2 slashes across the top.
- ☐
- Bake until golden and bubbly, 20 to 25 minutes.
- ☐
- Serve warm with the remaining sauce on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.49, Inflammation Score:-6, Nutrition Score:15.436086885307%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 439.37kcal (21.97%), Fat: 30.54g (46.99%), Saturated Fat: 11.61g (72.59%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 19.57g (7.12%), Sugar: 4.86g (5.41%), Cholesterol: 63.23mg (21.08%), Sodium: 1024.46mg (44.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Selenium: 28.19µg (40.28%), Calcium: 291.06mg (29.11%), Phosphorus: 289.51mg (28.95%), Vitamin B1: 0.41mg (27.57%), Vitamin B12: 1.48µg (24.71%), Vitamin B2: 0.33mg (19.56%), Manganese: 0.34mg (17.1%), Zinc: 2.53mg (16.88%), Vitamin B3: 3.34mg (16.69%), Iron: 2.78mg (15.43%), Vitamin B6: 0.28mg (14%), Copper: 0.27mg (13.62%), Vitamin K: 14.2µg (13.52%), Vitamin E: 1.86mg (12.37%), Vitamin A: 555.43IU (11.11%), Potassium: 386.85mg (11.05%), Fiber: 2.49g (9.95%), Magnesium: 37.66mg (9.41%), Folate: 35.87µg (8.97%), Vitamin C: 7mg (8.49%), Vitamin B5: 0.55mg (5.47%)