



## Pepper-Cheese Pizza Sticks

READY IN



23 min.

SERVINGS



8

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1 teaspoon cracked pepper black
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 cup spaghetti sauce with garlic and herbs low-fat

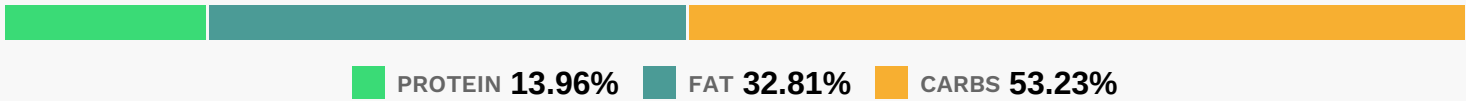
### Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pizza cutter

## Directions

- ☐ Unroll dough on a large baking sheet coated with cooking spray. Press dough into a 12- x 9- inch rectangle.
- ☐ Brush melted margarine over dough.
- ☐ Sprinkle with Cheddar cheese and next 3 ingredients.
- ☐ Cut dough crosswise into 12 (1-inch-wide) strips, using a sharp knife or a pizza cutter.
- ☐ Cut dough in half lengthwise, forming 24 strips. (Do not separate strips.)
- ☐ Bake at 425 for 8 to 10 minutes or until golden. To separate sticks, cut along perforations.
- ☐ Place spaghetti sauce in a small saucepan. Cook over medium heat until thoroughly heated.
- ☐ Serve with pizza sticks.

## Nutrition Facts



## Properties

Glycemic Index:17, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:2.7678261010543%

## Nutrients (% of daily need)

Calories: 139.48kcal (6.97%), Fat: 5.2g (8%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 17.92g (6.52%), Sugar: 3.32g (3.69%), Cholesterol: 7.63mg (2.54%), Sodium: 475.23mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Iron: 1.29mg (7.19%), Calcium: 61.65mg (6.16%), Vitamin A: 299IU (5.98%), Phosphorus: 45.67mg (4.57%), Fiber: 1.07g (4.28%), Vitamin E: 0.57mg (3.82%), Selenium: 2.43µg (3.47%), Manganese: 0.07mg (3.36%), Vitamin B2: 0.05mg (3.23%), Potassium: 102.88mg (2.94%), Vitamin C: 2.19mg (2.66%), Zinc: 0.36mg (2.39%), Copper: 0.04mg (2.07%), Vitamin B6: 0.04mg (1.89%), Magnesium: 7.3mg (1.83%), Vitamin B3: 0.32mg (1.58%), Vitamin K: 1.5µg (1.43%), Vitamin B12: 0.09µg (1.42%), Vitamin B5: 0.13mg (1.31%), Folate: 4.41µg (1.1%)