



Pepperoni Pinwheels

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup parmesan cheese grated
- ☐ 3.5 ounce pepperoni sliced chopped
- ☐ 10 ounce pizza crust refrigerated canned
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 0.5 cup spaghetti sauce

Equipment

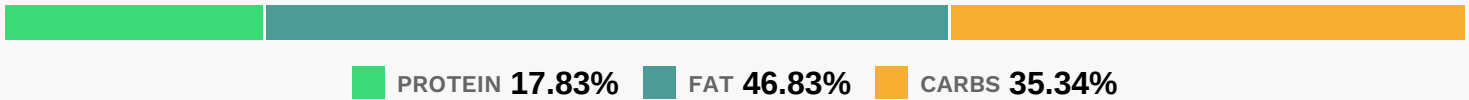
- ☐ frying pan
- ☐ oven

☐ cutting board

Directions

- ☐ Unroll pizza crust on a cutting board, and sprinkle with cheeses and pepperoni.
- ☐ Roll up, starting with long side; moisten edge with water, and pinch seam to seal.
- ☐ Cut into 2-inch slices, and place 1 inch apart in a lightly greased 15- x 10-inch jellyroll pan; flatten pinwheels slightly.
- ☐ Bake at 400 for 15 to 20 minutes; serve with warm spaghetti sauce.
- ☐ Baked pinwheels may be frozen in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:4.1660869302957%

Nutrients (% of daily need)

Calories: 209.04kcal (10.45%), Fat: 10.93g (16.82%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 17.8g (6.47%), Sugar: 2.89g (3.21%), Cholesterol: 25.95mg (8.65%), Sodium: 668.32mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Calcium: 103.71mg (10.37%), Selenium: 7.19µg (10.27%), Phosphorus: 93.72mg (9.37%), Vitamin B12: 0.53µg (8.78%), Iron: 1.35mg (7.47%), Zinc: 0.89mg (5.9%), Vitamin B2: 0.09mg (5.45%), Manganese: 0.1mg (4.85%), Vitamin B3: 0.79mg (3.94%), Vitamin A: 189.16IU (3.78%), Vitamin B6: 0.07mg (3.38%), Fiber: 0.76g (3.04%), Vitamin B1: 0.04mg (2.83%), Potassium: 95.98mg (2.74%), Vitamin E: 0.39mg (2.61%), Vitamin B5: 0.22mg (2.24%), Magnesium: 8.46mg (2.11%), Copper: 0.03mg (1.59%), Vitamin D: 0.23µg (1.56%), Vitamin K: 1.53µg (1.45%), Vitamin C: 1.07mg (1.3%)