



Pepperoni Pizza Pockets

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup water (120°F to 130°F)
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup tomatoes
- ☐ 8 slices pepperoni
- ☐ 2 oz mozzarella cheese shredded finely
- ☐ 3 cups frangelico

Equipment

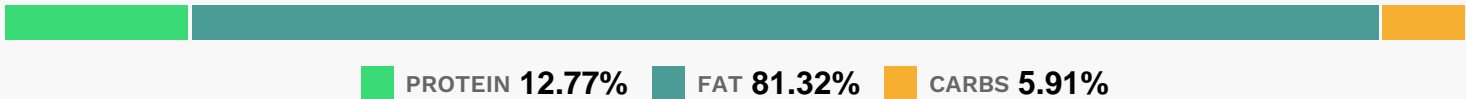
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Heat oven to 450°F. Line cookie sheet with foil; spray foil with cooking spray.
- ☐ In medium bowl, stir together Bisquick mix, very warm water and olive oil until Bisquick mix is moistened.
- ☐ Let stand 15 minutes.
- ☐ Knead dough slightly to form ball. Divide dough into 8 parts. Flatten and use rolling pin to roll each into circle about 1/8-inch thick.
- ☐ Place circles on cookie sheet.
- ☐ Top each with 1 tablespoon marinara sauce, 1 pepperoni slice and 1 tablespoon cheese. Fold over, and pinch edges to seal.
- ☐ Bake 15 to 20 minutes or until golden.
- ☐ Enjoy hot, or cool completely, wrap in plastic wrap and freeze until ready to use.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:1.7717391408008%

Nutrients (% of daily need)

Calories: 65.96kcal (3.3%), Fat: 6.06g (9.32%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.62g (0.69%), Cholesterol: 7.54mg (2.51%), Sodium: 149.67mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin E: 0.76mg (5.06%), Calcium: 38.94mg (3.89%), Phosphorus: 32.38mg (3.24%), Vitamin B12: 0.19µg (3.13%), Vitamin K: 2.81µg (2.68%), Selenium: 1.88µg (2.68%), Vitamin A: 114.21IU (2.28%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.29mg (1.94%), Potassium: 56.38mg (1.61%), Manganese: 0.03mg (1.52%), Vitamin C: 1.07mg (1.3%), Vitamin B3: 0.26mg (1.29%), Iron: 0.22mg (1.25%), Vitamin

B6: 0.02mg (1.24%), Copper: 0.02mg (1.17%), Magnesium: 4.27mg (1.07%)