



Pepperoni Pizza Sticks

READY IN



15 min.

SERVINGS



24

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce mushrooms drained sliced canned
- ☐ 14 ounce egg roll wrappers
- ☐ 2 tablespoons garlic minced
- ☐ 2 cups oil for frying or as needed
- ☐ 4 ounce pepperoni sausage sliced cut into strips
- ☐ 1 ounce individual string cheese sticks
- ☐ 14 ounce tomato basil sauce classico®

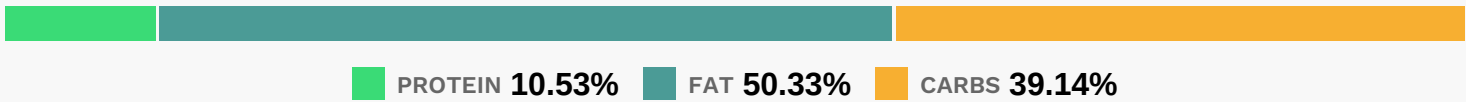
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave
- ☐ deep fryer

Directions

- ☐ Lay out the egg roll wrappers one at a time.
- ☐ Place one piece of string cheese in the center near the edge, then arrange some pepperoni, sliced mushrooms and garlic around the cheese.
- ☐ Roll up the string cheese a little, fold in the sides, then continue to roll up, and seal the edge by moistening with water. Repeat with remaining wrappers, cheese and fillings.
- ☐ Heat oil in a large heavy skillet, or deep fryer to 365 degrees F (185 degrees C). Fry enough to fit loosely in the pan, turning once after about 5 minutes. Continue to fry for 3 to 5 more minutes or until golden brown.
- ☐ Drain on paper towels.
- ☐ Warm the pasta sauce in a serving bowl in the microwave.
- ☐ Serve the Pepperoni Pizza Sticks on a platter with the bowl of sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.2447826188544%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.99kcal (6.15%), Fat: 6.84g (10.53%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 10.96g (3.99%), Sugar: 1.36g (1.51%), Cholesterol: 6.71mg (2.24%), Sodium: 270.95mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Selenium: 6.42µg (9.17%), Manganese: 0.15mg

(7.54%), Vitamin B1: 0.11mg (7.07%), Vitamin B3: 1.25mg (6.25%), Vitamin E: 0.7mg (4.69%), Vitamin B2: 0.08mg (4.52%), Iron: 0.78mg (4.34%), Fiber: 1.01g (4.04%), Folate: 15.33µg (3.83%), Vitamin K: 2.95µg (2.81%), Phosphorus: 26.56mg (2.66%), Potassium: 91.24mg (2.61%), Copper: 0.05mg (2.36%), Vitamin A: 101.76IU (2.04%), Zinc: 0.29mg (1.94%), Vitamin B6: 0.03mg (1.73%), Calcium: 16.79mg (1.68%), Magnesium: 5.39mg (1.35%), Vitamin C: 1mg (1.21%), Vitamin B5: 0.12mg (1.21%), Vitamin B12: 0.06µg (1.08%)