



Pepperoni Stromboli

READY IN



50 min.

SERVINGS



8

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb pizza dough homemade store-bought for 3 pizzas
- ☐ 2 cups pasta sauce
- ☐ 8 oz mozzarella cheese shredded
- ☐ 1 teaspoon oregano dried
- ☐ 8 oz pepperoni sliced

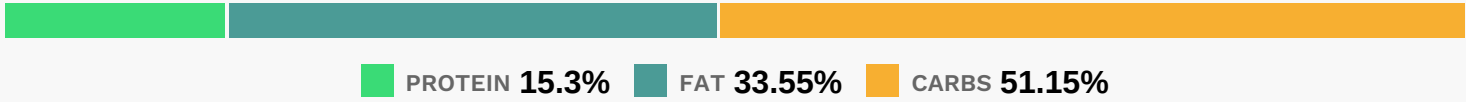
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Divide pizza dough into 8 pieces.
- ☐ Roll out each into 16x12-inch rectangle.
- ☐ To make each stromboli, spread thin layer of pasta sauce over dough rectangle.
- ☐ Sprinkle with mozzarella cheese and oregano. Top with pepperoni. Fold in sides; roll up dough jelly-roll fashion.
- ☐ Place seam down on ungreased cookie sheet.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Cut stromboli into slices to serve.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:1.31, Inflammation Score:-5, Nutrition Score:10.158695759981%

Nutrients (% of daily need)

Calories: 661.73kcal (33.09%), Fat: 24.93g (38.35%), Saturated Fat: 10.09g (63.03%), Carbohydrates: 85.52g (28.51%), Net Carbohydrates: 81.94g (29.8%), Sugar: 13.03g (14.48%), Cholesterol: 49.9mg (16.63%), Sodium: 2145.86mg (93.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.17%), Iron: 5.77mg (32.08%), Selenium: 13.42µg (19.17%), Vitamin B12: 1.01µg (16.92%), Phosphorus: 162.06mg (16.21%), Calcium: 161.12mg (16.11%), Fiber: 3.58g (14.31%), Manganese: 0.26mg (12.76%), Vitamin B2: 0.19mg (11.42%), Zinc: 1.66mg (11.07%), Vitamin B3: 2.06mg (10.31%), Vitamin A: 461.11IU (9.22%), Vitamin B6: 0.18mg (8.79%), Vitamin E: 1.27mg (8.49%), Potassium: 284.29mg (8.12%), Vitamin B1: 0.1mg (6.7%), Vitamin B5: 0.57mg (5.67%), Vitamin K: 5.57µg (5.3%), Vitamin C: 4.29mg (5.2%), Magnesium: 20.64mg (5.16%), Copper: 0.1mg (5.05%), Vitamin D: 0.48µg (3.21%), Folate: 9.51µg (2.38%)