

Peppy Provolone Slices

READY IN



25 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bread dough frozen thawed
- 1 cup jalapeno sliced
- 8 ounces pepperoni sliced
- 8 ounces provolone cheese sliced

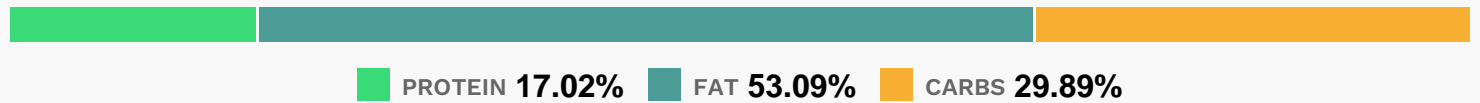
Equipment

- baking sheet
- oven

Directions

- On a greased baking sheet, roll out dough into a 15-in. x 12-in. rectangle.
- Place half of the pepperoni lengthwise in two rows down center third of rectangle. Top with half of the cheese and peppers. Fold one side of dough over filling. Top with remaining pepperoni, cheese and peppers.
- Fold remaining dough over filling; pinch edges and ends to seal.
- Bake at 350° for 20–25 minutes or until golden brown. Slice and serve warm.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:10.759130384611%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 520.12kcal (26.01%), Fat: 29.83g (45.89%), Saturated Fat: 13.17g (82.3%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 35.89g (13.05%), Sugar: 0.83g (0.92%), Cholesterol: 62.75mg (20.92%), Sodium: 1228.03mg (53.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.02%), Calcium: 294.75mg (29.47%), Phosphorus: 251.11mg (25.11%), Selenium: 16.5µg (23.58%), Vitamin C: 17.79mg (21.56%), Vitamin B12: 1.04µg (17.39%), Zinc: 2.16mg (14.43%), Vitamin B2: 0.23mg (13.47%), Manganese: 0.24mg (12.16%), Vitamin B6: 0.23mg (11.36%), Vitamin B3: 2.14mg (10.69%), Vitamin A: 494.33IU (9.89%), Vitamin B1: 0.12mg (7.71%), Fiber: 1.89g (7.58%), Vitamin E: 1.01mg (6.76%), Vitamin B5: 0.67mg (6.74%), Vitamin K: 5.8µg (5.52%), Potassium: 192.93mg (5.51%), Magnesium: 19.64mg (4.91%), Vitamin D: 0.68µg (4.54%), Iron: 0.74mg (4.09%), Copper: 0.05mg (2.56%), Folate: 9.72µg (2.43%)