



Pizza in a Crescent

 Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce mozzarella cheese
- 3.5 ounce pepperoni
- 4 tablespoons tomato sauce

Equipment

- baking sheet
- oven

Directions

- Heat oven to 375 degrees F.
- If using crescent rolls: Unroll dough; separate dough into 4 rectangles. Firmly press perforations to seal. Press or roll into four 7x5-inch rectangles. If using dough sheet: Unroll dough; cut into 4 rectangles. Press or roll into four 7x5-inch rectangles.
- Arrange 9 pepperoni slices in center third of each rectangle.
- Spread 1 tablespoon spaghetti sauce over pepperoni.
- Fold each slice of cheese in half; place over pepperoni. Fold short sides of dough to almost meet in center; securely pinch edges together, leaving middle open. Tuck 4 or 5 pepperoni slices into middle opening.
- Place on ungreased cookie sheet.
- Bake 13 to 16 minutes or until golden brown.

Nutrition Facts

 PROTEIN 22.55%  **FAT 74.28%**  **CARBS 3.17%**

Properties

Glycemic Index:25, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:7.5386956049048%

Nutrients (% of daily need)

Calories: 256.19kcal (12.81%), Fat: 21.03g (32.36%), Saturated Fat: 9.99g (62.43%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.97g (1.08%), Cholesterol: 57.66mg (19.22%), Sodium: 729.66mg (31.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.37g (28.74%), Calcium: 221.56mg (22.16%), Vitamin B12: 1.29µg (21.53%), Selenium: 14.51µg (20.73%), Phosphorus: 193.78mg (19.38%), Zinc: 1.88mg (12.53%), Vitamin B2: 0.19mg (11.4%), Manganese: 0.18mg (8.82%), Vitamin B3: 1.43mg (7.15%), Vitamin A: 352.41IU (7.05%), Vitamin B6: 0.12mg (6.01%), Vitamin B1: 0.08mg (5.57%), Potassium: 144.84mg (4.14%), Vitamin B5: 0.4mg (4%), Magnesium: 15.22mg (3.8%), Vitamin E: 0.55mg (3.68%), Iron: 0.66mg (3.67%), Vitamin D: 0.49µg (3.28%), Vitamin K: 2.84µg (2.7%), Copper: 0.04mg (2.23%), Folate: 5.57µg (1.39%), Vitamin C: 1.05mg (1.27%)