



Pizza Melts

READY IN



40 min.

SERVINGS



32

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- 1 eggs beaten
- 1 teaspoon oregano dried
- 2 tablespoons parmesan cheese grated
- 3.5 oz pepperoni sliced
- 0.3 cup tomato paste
- 8 oz mozzarella cheese shredded

Equipment

- baking sheet
- baking paper
- oven
- wire rack
- rolling pin
- cutting board
- pizza cutter

Directions

- Heat oven to 375°F. Grease cookie sheet.
- If using crescent rolls: On cookie sheet, unroll 1 can of dough into 1 large rectangle. With floured rolling pin or fingers, roll or press dough into 12x9-inch rectangle, firmly pressing perforations to seal. If using dough sheets: On cookie sheet, unroll 1 can of dough. With floured rolling pin or fingers, roll or press dough into 12x9-inch rectangle.
- Spread 1/4 cup pizza sauce over dough to within 1/4 inch of edges. Top with pepperoni and mozzarella cheese.
- If using crescent rolls: On 14-inch length of parchment paper, unroll remaining can of dough. Press to make 12x9-inch rectangle, firmly pressing perforations to seal. If using dough sheets: On 14-inch length of parchment paper, unroll remaining can of dough. Press to make 12x9-inch rectangle.
- While holding paper with dough, turn dough upside down to cover cheese.
- Remove paper.
- Brush with beaten egg.
- Sprinkle with Parmesan cheese and oregano.
- Bake 12 to 15 minutes or until golden brown.
- Let stand on cooling rack 5 to 10 minutes. Move to cutting board. Using pizza cutter, cut into 16 squares.
- Cut each square in half diagonally.
- Serve with 1 cup pizza sauce.

Nutrition Facts



 PROTEIN **12.84%**  FAT **60.21%**  CARBS **26.95%**

Properties

Glycemic Index:3.28, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:1.546521746594%

Nutrients (% of daily need)

Calories: 91.63kcal (4.58%), Fat: 6.3g (9.69%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 6.23g (2.27%), Sugar: 1.75g (1.94%), Cholesterol: 13.99mg (4.66%), Sodium: 228.31mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Calcium: 41.65mg (4.16%), Selenium: 2.75µg (3.92%), Phosphorus: 36.48mg (3.65%), Vitamin B12: 0.22µg (3.64%), Vitamin B2: 0.04mg (2.29%), Zinc: 0.33mg (2.19%), Iron: 0.36mg (2%), Vitamin A: 90.32IU (1.81%), Manganese: 0.03mg (1.53%), Vitamin B3: 0.23mg (1.15%), Potassium: 37.9mg (1.08%), Vitamin B6: 0.02mg (1.08%), Vitamin E: 0.16mg (1.07%)