

Pizza Melts

 Popular

READY IN



40 min.

SERVINGS



32

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

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

Directions

- Heat oven to 375F. 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 12.93% FAT 59.05% CARBS 28.02%

Properties

Glycemic Index:4.69, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.8500000031098%

Nutrients (% of daily need)

Calories: 93.46kcal (4.67%), Fat: 6.32g (9.72%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.52g (2.37%), Sugar: 2.02g (2.24%), Cholesterol: 13.99mg (4.66%), Sodium: 264.6mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Calcium: 42.72mg (4.27%), Selenium: 2.79µg (3.99%), Phosphorus: 38.55mg (3.86%), Vitamin B12: 0.22µg (3.64%), Vitamin B2: 0.04mg (2.58%), Vitamin A: 123.47IU (2.47%), Iron: 0.43mg (2.41%), Zinc: 0.35mg (2.3%), Manganese: 0.04mg (1.94%), Vitamin E: 0.27mg (1.81%), Potassium: 60.64mg (1.73%), Vitamin B3: 0.31mg (1.53%), Vitamin B6: 0.03mg (1.45%), Vitamin C: 0.99mg (1.19%), Vitamin K: 1.19µg (1.13%), Magnesium: 4.43mg (1.11%), Copper: 0.02mg (1.07%)