



## Pizza Moons

READY IN



30 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup parmesan
- 16 slices pepperoni
- 8 ounce regular crescent rolls refrigerated
- 4 cups mozzarella cheese shredded

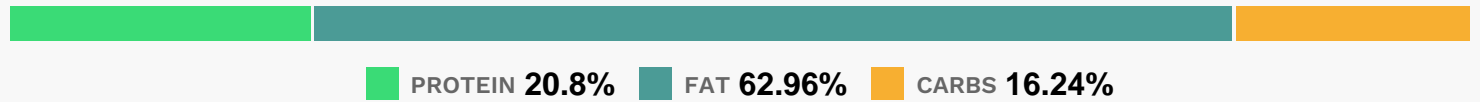
### Equipment

- baking sheet
- oven

## Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Unroll crescents onto work surface. Top each piece of dough with shredded cheese and a few slices of pepperoni.
- Sprinkle on a bit more cheese, and roll into crescent shape.
- Place pizza "moons" on a baking sheet.
- Bake until crescents are golden brown, 12 to 15 minutes.
- Remove from oven, and sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:6.8860869070758%

## Nutrients (% of daily need)

Calories: 311.88kcal (15.59%), Fat: 22.08g (33.97%), Saturated Fat: 11.65g (72.81%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 12.81g (4.66%), Sugar: 3.46g (3.85%), Cholesterol: 52.37mg (17.46%), Sodium: 736.99mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.82%), Calcium: 357.56mg (35.76%), Phosphorus: 247.93mg (24.79%), Vitamin B12: 1.4µg (23.4%), Selenium: 12.09µg (17.27%), Zinc: 1.9mg (12.7%), Vitamin B2: 0.19mg (11.15%), Vitamin A: 427.37IU (8.55%), Iron: 0.71mg (3.93%), Magnesium: 14.67mg (3.67%), Manganese: 0.04mg (2.09%), Vitamin D: 0.31µg (2.05%), Vitamin B6: 0.04mg (2.04%), Vitamin B1: 0.03mg (2.01%), Potassium: 59.27mg (1.69%), Vitamin B5: 0.15mg (1.55%), Vitamin K: 1.63µg (1.55%), Vitamin B3: 0.27mg (1.37%), Folate: 4.56µg (1.14%), Vitamin E: 0.16mg (1.08%)