



## Pizza puff pinwheels

 Popular

READY IN



35 min.

SERVINGS



12

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 375 g pack ready rolled puff pastry frozen thawed
- ☐ 6 tbsp ready made pasta sauce (not too chunky)
- ☐ 100 g ham wafer thin
- ☐ 100 g mature cheddar grated
- ☐ 1 eggs beaten
- ☐ 1 tsp oregano mixed dried

## Equipment

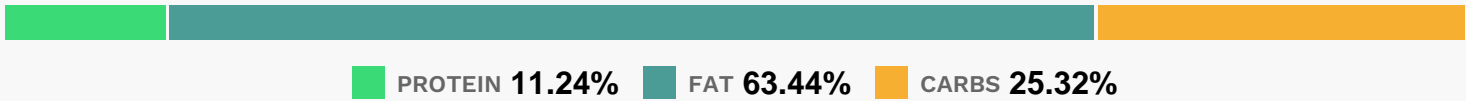
- ☐ oven

☐ knife

## Directions

- ☐ Preheat oven to fan 180C/conventional 200C/gas
- ☐ Unroll the pastry onto a lightly floured surface and roll it out to 40 x 32cm.
- ☐ Spread a layer of pasta sauce over it, leaving a 1cm border around the edges. Arrange the ham evenly on top, then scatter the grated cheese over.
- ☐ Starting at one of the short ends, roll the pastry up as tightly as possible. Chill in the fridge for 10 minutes or so.
- ☐ Take a very sharp knife and cut the roll into 12 equal slices, laying them flat on 2 non-stick baking trays as you go.
- ☐ Brush each pinwheel lightly with beaten egg and sprinkle over the herbs.
- ☐ Bake for 12-15 minutes until puffed and golden. Leave to stand for 5-10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:11.08, Glycemic Load:7.82, Inflammation Score:-3, Nutrition Score:5.3256522209748%

## Nutrients (% of daily need)

Calories: 233.88kcal (11.69%), Fat: 16.51g (25.41%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 14.18g (5.16%), Sugar: 0.55g (0.61%), Cholesterol: 27.14mg (9.05%), Sodium: 272.02mg (11.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.17%), Selenium: 12.99µg (18.56%), Vitamin B1: 0.18mg (12.03%), Vitamin B2: 0.17mg (9.77%), Vitamin B3: 1.76mg (8.81%), Manganese: 0.17mg (8.55%), Phosphorus: 84.26mg (8.43%), Folate: 29.13µg (7.28%), Calcium: 68.12mg (6.81%), Vitamin K: 6.38µg (6.08%), Iron: 1.08mg (5.98%), Zinc: 0.73mg (4.88%), Vitamin B6: 0.06mg (2.96%), Vitamin E: 0.44mg (2.9%), Vitamin B12: 0.17µg (2.9%), Copper: 0.06mg (2.88%), Vitamin A: 138.64IU (2.77%), Magnesium: 10.8mg (2.7%), Fiber: 0.64g (2.58%), Potassium: 78.54mg (2.24%), Vitamin B5: 0.15mg (1.53%), Vitamin D: 0.18µg (1.21%)