



Pizza Rolls

READY IN



22 min.

SERVINGS



4

CALORIES



237 kcal

Ingredients

- ☐ 1.3 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 cup pizza sauce
- ☐ 10 ounce pizza dough refrigerated canned
- ☐ 0.3 cup turkey pepperoni sliced

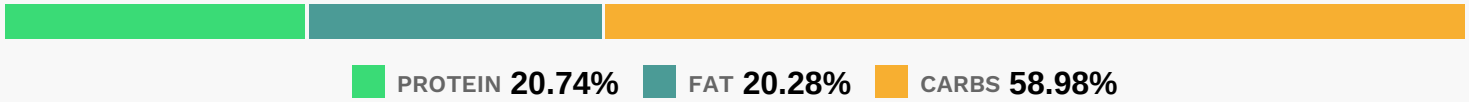
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Unroll pizza dough.
- ☐ Cut into 4 squares. Spoon pizza sauce evenly over each square, leaving a 1-inch border around the edges.
- ☐ Sprinkle pepperoni and mozzarella evenly over pizza sauce.
- ☐ Fold each square in half.
- ☐ Roll dough lengthwise, jelly roll fashion.
- ☐ Place rolls on a baking sheet coated with cooking spray. Coat rolls with cooking spray.
- ☐ Bake at 400 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.6926086752311%

Nutrients (% of daily need)

Calories: 237.36kcal (11.87%), Fat: 5.41g (8.33%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 34.14g (12.42%), Sugar: 5.04g (5.6%), Cholesterol: 24.08mg (8.03%), Sodium: 916.77mg (39.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.92%), Iron: 2.48mg (13.78%), Calcium: 78.04mg (7.8%), Zinc: 0.92mg (6.16%), Fiber: 1.29g (5.17%), Phosphorus: 46.79mg (4.68%), Potassium: 119.61mg (3.42%), Magnesium: 10.48mg (2.62%), Copper: 0.05mg (2.47%), Vitamin A: 117.87IU (2.36%), Vitamin B2: 0.04mg (2.23%), Selenium: 1.42µg (2.03%), Vitamin E: 0.23mg (1.56%), Vitamin C: 1.07mg (1.3%), Vitamin B12: 0.08µg (1.26%), Vitamin B6: 0.02mg (1.07%)