



Pizza rolls

READY IN



30 min.

SERVINGS



6

CALORIES



92 kcal

Ingredients

- ☐ 6 top
- ☐ 2 tbsp tomato purée
- ☐ 6 slices ham
- ☐ 3 tomatoes sliced
- ☐ 2 balls mozzarella cheese sliced (we used Sainsbury's Basics)
- ☐ 2 tsp oregano dried
- ☐ 6 olives black

Equipment

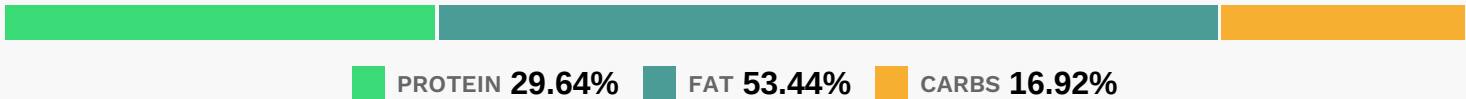
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Cut the tops off the rolls and scoop out the insides.
- ☐ Spread the rolls with tomato pure, then fill with ham, tomatoes and finally the mozzarella. Scatter with dried oregano and top each with an olive, if you like.
- ☐ Place the rolls on a baking tray and bake for 15 mins until the rolls are crusty brown and the cheese is bubbling. Leave to rest for a min, then serve hot with a side salad.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:6.0108696118645%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 92.25kcal (4.61%), Fat: 5.57g (8.56%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.97g (2.19%), Cholesterol: 17.62mg (5.87%), Sodium: 407.59mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.89%), Vitamin B1: 0.2mg (13.43%), Vitamin A: 567.67IU (11.35%), Vitamin C: 9mg (10.91%), Selenium: 6.8µg (9.71%), Vitamin B3: 1.78mg (8.89%), Vitamin B6: 0.17mg (8.55%), Vitamin K: 8.84µg (8.42%), Phosphorus: 80.09mg (8.01%), Potassium: 259.91mg (7.43%), Manganese: 0.12mg (5.92%), Zinc: 0.81mg (5.41%), Vitamin E: 0.8mg (5.35%), Vitamin B2: 0.09mg (5.09%), Fiber: 1.25g (4.99%), Iron: 0.79mg (4.36%), Copper: 0.09mg (4.25%), Magnesium: 15.76mg (3.94%), Folate: 13.45µg (3.36%), Vitamin B12: 0.19µg (3.11%), Calcium: 22.94mg (2.29%), Vitamin B5: 0.22mg (2.16%), Vitamin D: 0.2µg (1.32%)