



Pizza Rolls Kabobs



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 pepperoni frozen
- ☐ 0.5 medium bell pepper green red cut into 8 pieces
- ☐ 8 small mushrooms fresh
- ☐ 8 pineapple chunks canned drained
- ☐ 8 medium pimientos
- ☐ 1 small zucchini halved lengthwise cut into eight 1/2-inch slices
- ☐ 3 tablespoons dressing french italian
- ☐ 14 oz tomato sauce

☐ 24 frangelico (4 to 6 inch)

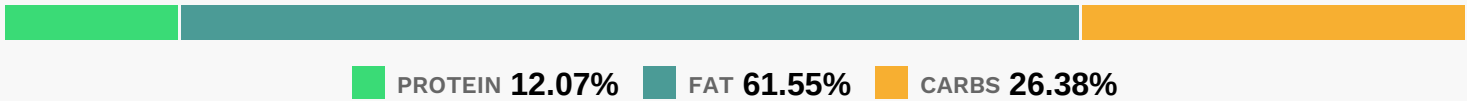
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ microwave
- ☐ skewers

Directions

- ☐ Soak skewers in water at least 15 minutes; drain.
- ☐ Meanwhile, place pizza snacks on microwavable plate. Microwave uncovered on High 30 to 40 seconds or until thawed. Set aside.
- ☐ Heat oven to 425°F. On each skewer, thread 1 pizza snack and your choice of two other items.
- ☐ Brush vegetables with dressing; place on cookie sheet.
- ☐ Bake 7 to 9 minutes, turning once, until pizza snacks are hot and vegetables are crisp-tender.
- ☐ Serve kabobs with warm sauce.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.6782608770806%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 24.79kcal (1.24%), Fat: 1.79g (2.75%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.29g (0.47%), Sugar: 1.24g (1.38%), Cholesterol: 1.94mg (0.65%), Sodium: 123.9mg (5.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 4.48mg (5.43%), Vitamin K: 3.43µg (3.27%), Vitamin E: 0.38mg (2.51%), Potassium: 85.58mg (2.45%), Manganese: 0.04mg (2.18%), Vitamin A: 108.91IU (2.18%), Vitamin B3: 0.43mg (2.13%), Vitamin B2: 0.04mg (2.13%), Vitamin B6: 0.04mg (2.12%), Copper: 0.04mg (1.83%),

Fiber: 0.43g (1.73%), Selenium: 1µg (1.43%), Vitamin B5: 0.14mg (1.37%), Iron: 0.24mg (1.35%), Phosphorus: 13.45mg (1.34%), Vitamin B1: 0.02mg (1.13%), Magnesium: 4.49mg (1.12%)