



Pizza Snacks

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce crescent rolls canned
- 0.3 teaspoon garlic salt
- 1 teaspoon penzey's southwest seasoning italian
- 2 ounce mozzarella cheese sticks cut into fourths
- 6 ounce pepperoni

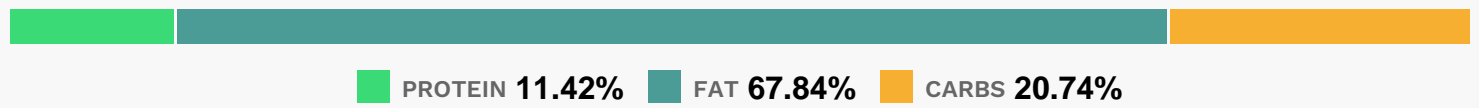
Equipment

- baking sheet
- oven

Directions

- Separate rolls into 8 triangles, and place on a baking sheet.
- Place 2 pepperoni slices on each triangle; place 1 piece cheese at wide end of triangle.
- Sprinkle with Italian seasoning.
- Roll up, starting at wide end.
- Sprinkle with garlic salt.
- Bake at 375 for 10 to 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:0.07, Inflammation Score:1, Nutrition Score:2.7321739178151%

Nutrients (% of daily need)

Calories: 227.32kcal (11.37%), Fat: 17.47g (26.87%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 11.91g (4.33%), Sugar: 2.85g (3.16%), Cholesterol: 24.45mg (8.15%), Sodium: 686.93mg (29.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.23%), Selenium: 6.18µg (8.82%), Manganese: 0.14mg (6.96%), Vitamin B3: 1.07mg (5.36%), Vitamin B12: 0.28µg (4.61%), Iron: 0.73mg (4.07%), Vitamin B6: 0.08mg (3.98%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.53mg (3.5%), Phosphorus: 33.96mg (3.4%), Vitamin B2: 0.06mg (3.29%), Vitamin K: 2.79µg (2.65%), Vitamin B5: 0.25mg (2.54%), Vitamin D: 0.28µg (1.84%), Vitamin E: 0.26mg (1.76%), Potassium: 61.42mg (1.75%), Calcium: 13.11mg (1.31%), Magnesium: 4.5mg (1.13%), Copper: 0.02mg (1.05%)