



Pizza Turnovers

READY IN



27 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 0.3 cup tomato sauce
- ☐ 0.3 cup carrots shredded finely
- ☐ 24 slices turkey pepperoni
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1.5 ounces mozzarella cheese cut in half

Equipment

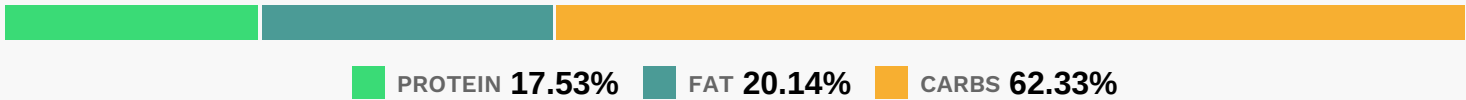
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ Roll pizza crust dough on lightly floured surface into 12-inch square.
- ☐ Cut dough into four 6-inch squares.
- ☐ Spread 1 tablespoon pizza sauce on each square to within 1/2 inch of edges. Top with carrot, pepperoni and cheeses. Fold each square in half over filling; press edges to seal.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 12 to 15 minutes or until light golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:4.5747825853203%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 310.37kcal (15.52%), Fat: 7.04g (10.83%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 47.1g (17.13%), Sugar: 7.1g (7.89%), Cholesterol: 22.47mg (7.49%), Sodium: 1069.97mg (46.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Vitamin A: 1490.64IU (29.81%), Iron: 3.15mg (17.5%), Fiber: 1.92g (7.68%), Calcium: 72.27mg (7.23%), Zinc: 0.87mg (5.81%), Phosphorus: 52.49mg (5.25%), Vitamin B12: 0.26µg (4.32%), Potassium: 128.87mg (3.68%), Selenium: 2.34µg (3.35%), Vitamin B2: 0.05mg (2.88%), Magnesium: 10.15mg (2.54%), Copper: 0.04mg (2.2%), Vitamin E: 0.3mg (2%), Vitamin C: 1.54mg (1.87%), Vitamin K: 1.75µg (1.67%), Manganese: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.55%), Vitamin B3: 0.24mg (1.21%), Folate: 4.14µg (1.03%)