

STARTER & SNACK

Rosemary-Tomato Pinwheels

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	24	\$0.61	117 kcal

Rosemary-Tomato Pinwheels requires about 45 minutes from start to finish. One serving contains 118 calories, 4g of protein, and 4g of fat. This recipe serves 24 and costs 61 cents per serving. 1 person has made this recipe and would make it again.

Ingredients

- ☐ ¼ cup extravirgin olive oil
- ☐ 1 teaspoon minced fresh rosemary
- ☐ 1 garlic clove, minced
- ☐ 2 ounces 1/2 cup grated fresh Romano cheese
- ☐ 2½ ounces cup sun-dried tomato halves, packed without oil (about
- ☐ 1 cup thinly sliced fresh basil leaves
- ☐ 2 tablespoons chopped fresh rosemary
- ☐ 27.6 ounce refrigerated pizza crust dough canned
- ☐ ¼ teaspoon salt

EQUIPMENT Bowl, Baking sheet, Baking paper, Oven

Method

- 1

Combine first 4 ingredients; let stand for 1 hour.
- 2

Cover sun-dried tomatoes with boiling water in a bowl; let stand 30 minutes or until soft.
- 3

Drain and chop.
- 4

Preheat oven to 42

- 5 Working with one can of dough at a time, unroll dough onto a lightly floured surface; pat into a 15 x 10-inch rectangle.
- 6 Brush about 1 tablespoon oil mixture over dough.
- 7 Sprinkle half of sun-dried tomatoes, 1/2 cup basil, 1/4 cup cheese, and 1 tablespoon chopped rosemary evenly over dough. Starting at long edge, roll up jelly-roll fashion.
- 8 Cut into 12 (1-inch) slices; place 2 inches apart on a baking sheet lined with parchment paper. Flatten each pinwheel with hand.
- 9 Brush tops with about 1 tablespoon oil mixture. Repeat procedure with remaining can of dough, oil mixture, sun-dried tomatoes, basil, cheese, and rosemary.
- 10 Bake at 425 for 12 minutes or until golden.

Nutrition per serving

117

KCAL

4 g

PROTEIN

4 g

FAT

17 g

CARBS

Saturated Fat

1 g · 6% of daily needs

Fibre

0.9 g · 4% of daily needs

Sugar

3.2 g · 4% of daily needs

Sodium

292 mg · 13% of daily needs

Cholesterol

2.5 mg · 1% of daily needs

Vitamin C

1.4 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/rosemary-tomato-pinwheels-148000