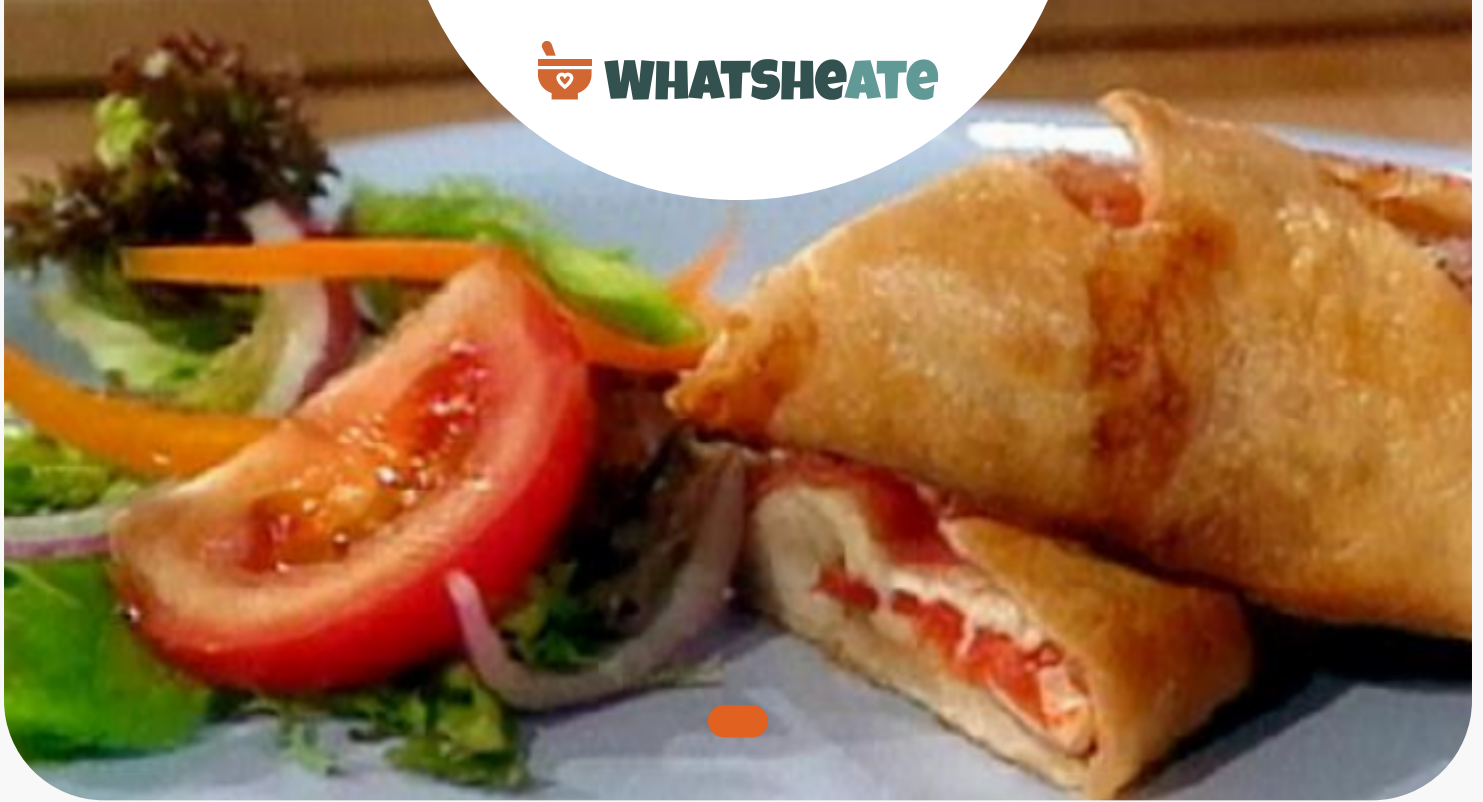




Salami and Cheese Rolls: Stromboli

READY IN



55 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup parmigiano-reggiano finely grated
- ☐ 1 pound supermarket pizza dough frozen thawed
- ☐ 4 ounces provolone cheese thinly sliced 12 slices
- ☐ 0.7 cup roasted bell peppers jarred rinsed chopped
- ☐ 3 ounces genoa salami thinly sliced 12 slices

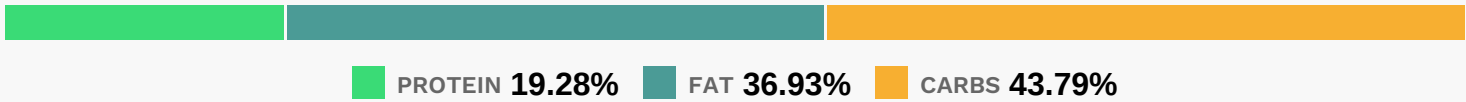
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ toaster

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Quarter dough.
- ☐ Roll out 1 piece into a 10-inch round on a lightly floured surface and sprinkle evenly with 1 tablespoon Parmesan and black pepper, to taste. Arrange 1/4 each of salami, provolone, and roasted peppers in an even layer over dough.
- ☐ Roll up dough round, then tuck ends under and pinch edges to seal.
- ☐ Make 3 more rolls in same manner and arrange 2 inches apart on a lightly greased baking sheet.
- ☐ Brush lightly with egg and cut 3 (1/2-inch) steam vents in each roll.
- ☐ Bake in middle of oven until golden, 30 to 35 minutes.
- ☐ Saras Note: For all you college students, this is great recipe for your dorm-room toaster oven.
- ☐ Bake them up and youll be the envy of all your dorm-mates.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:10.606956378273%

Nutrients (% of daily need)

Calories: 511.83kcal (25.59%), Fat: 21.1g (32.47%), Saturated Fat: 9.68g (60.49%), Carbohydrates: 56.3g (18.77%), Net Carbohydrates: 54.3g (19.74%), Sugar: 7.29g (8.1%), Cholesterol: 87.11mg (29.04%), Sodium: 1943.82mg (84.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.59%), Calcium: 308.1mg (30.81%), Phosphorus: 262.25mg (26.23%), Iron: 3.95mg (21.96%), Selenium: 14.83µg (21.19%), Vitamin B12: 1.2µg (19.92%), Zinc: 2.18mg (14.57%), Vitamin B2: 0.25mg (14.48%), Vitamin B1: 0.22mg (14.43%), Vitamin C: 10.85mg (13.15%), Vitamin B6: 0.21mg (10.32%), Vitamin A: 487.67IU (9.75%), Fiber: 2.01g (8.03%), Vitamin B3: 1.39mg (6.95%), Vitamin B5: 0.59mg (5.91%), Potassium: 177.89mg (5.08%), Magnesium: 19.6mg (4.9%), Copper: 0.08mg (4.2%), Manganese: 0.07mg (3.63%), Folate: 13.32µg (3.33%), Vitamin D: 0.42µg (2.82%), Vitamin E: 0.21mg (1.41%)