



 7%
HEALTH SCORE

Sausage & Pepperoni Stromboli

 Popular

READY IN



28 min.

SERVINGS



6

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 1 lb ground sausage italian
- 1 cup parmesan shredded
- 1 package pepperoni sliced
- 1 ball pizza dough homemade store-bought (is great but I used)
- 2 cups tomato sauce
- 1 cup mozzarella cheese shredded

Equipment

- frying pan
- paper towels
- baking paper
- oven
- baking pan

Directions

- Cook Italian sausage in a medium skillet until browned.
- Drain on paper towels and crumble into small pieces.
- Heat oven to 450 degrees.
- Place parchment paper on a baking pan and lightly flour.
- Roll dough out to form a large rectangle.
- Brush a thin layer of pizza sauce on dough.
- Layer on crumbled sausage then mozzarella cheese.
- Place pepperoni slices on top of cheese then sprinkle with 3/4 cup Parmesan cheese. Gently roll in short sides of dough to form a seal around filling. Starting on long side of dough, carefully roll into one third of Stromboli. Using parchment, roll dough again until reaching opposite end. Pinch together and place seam side down.
- Mix egg with 1 tablespoon of water.
- Brush egg mixture over Stromboli and sprinkle with remaining 1/4 Parmesan cheese.
- Place in oven and IMMEDIATELY TURN OVEN DOWN to 350 degrees.
- Bake for approximately 18 minutes.
- Remove from oven and let rest for 10 minutes. Test center of turnover. If dough is not completely cooked, slice Stromboli in half and bake for additional 5–8 minutes.
- Serve with warm pizza sauce

Nutrition Facts

 PROTEIN 18.67%  FAT 59.83%  CARBS 21.5%

Properties

Glycemic Index:25.83, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:17.702608695652%

Taste

Sweetness: 20.35%, Saltiness: 100%, Sourness: 10.85%, Bitterness: 7.82%, Savoriness: 42.32%, Fattiness: 80.01%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 691.74kcal (34.59%), Fat: 46.01g (70.78%), Saturated Fat: 18.63g (116.46%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 34.99g (12.72%), Sugar: 7.3g (8.11%), Cholesterol: 133.61mg (44.54%), Sodium: 2176.64mg (94.64%), Protein: 32.3g (64.61%), Selenium: 35.23µg (50.33%), Phosphorus: 362.8mg (36.28%), Vitamin B1: 0.53mg (35.18%), Calcium: 325.21mg (32.52%), Vitamin B12: 1.68µg (28.07%), Iron: 4.1mg (22.75%), Vitamin B3: 4.51mg (22.55%), Vitamin B2: 0.38mg (22.48%), Zinc: 3.2mg (21.36%), Vitamin B6: 0.43mg (21.32%), Potassium: 537.84mg (15.37%), Manganese: 0.28mg (14.1%), Vitamin A: 649.57IU (12.99%), Vitamin B5: 1.13mg (11.3%), Vitamin E: 1.57mg (10.45%), Magnesium: 39.01mg (9.75%), Copper: 0.19mg (9.42%), Fiber: 2.2g (8.81%), Vitamin C: 7.23mg (8.76%), Folate: 20.49µg (5.12%), Vitamin K: 4.38µg (4.18%), Vitamin D: 0.61µg (4.07%)