



Seasoned Pizza Rolls

READY IN



30 min.

SERVINGS



30

CALORIES



63 kcal

Ingredients

- 2 Tbsp butter melted
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 0.3 tsp garlic powder
- 0.3 tsp penzey's southwest seasoning dried italian
- 2 Tbsp onions chopped
- 13.8 oz pizza crust refrigerated canned
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1.5 cups classico tomato and basil pasta sauce

Equipment

baking sheet

oven

Directions

Heat oven to 400F.

Mix butter and seasonings until blended.

Unroll pizza dough onto baking sheet; press into 15x10-inch rectangle.

Brush with half the butter mixture; top with cheese, onions and turkey. Starting at one short end, roll up dough to form log; pinch seams and ends together to seal. Position log lengthwise, seam side down, in center of baking sheet; brush with remaining butter mixture.

Bake 15 min. or until lightly browned. Cool 5 min. before cutting into 16 slices.

Serve with pasta sauce.

Nutrition Facts

 **PROTEIN 21.54%**  **FAT 32.7%**  **CARBS 45.76%**

Properties

Glycemic Index:3.8, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2747826032017%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 63.29kcal (3.16%), Fat: 2.32g (3.56%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.88g (2.5%), Sugar: 1.39g (1.55%), Cholesterol: 9.32mg (3.11%), Sodium: 234.93mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Vitamin B3: 0.78mg (3.88%), Phosphorus: 35.62mg (3.56%), Selenium: 1.78µg (2.54%), Iron: 0.45mg (2.48%), Calcium: 22.43mg (2.24%), Vitamin B6: 0.04mg (2.03%), Vitamin A: 87.43IU (1.75%), Fiber: 0.42g (1.66%), Vitamin B12: 0.1µg (1.64%), Potassium: 55.15mg (1.58%), Zinc: 0.16mg (1.04%), Vitamin B2: 0.02mg (1.01%)