



Spicy Barbecue Dip and Pizza Rolls

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



72 kcal

Ingredients

- 1 cup barbecue sauce
- 2 teaspoons chipotle sauce chopped (from 7-oz can)
- 4 teaspoons cilantro leaves fresh chopped
- 16 pizza cheese frozen

Equipment

- bowl
- oven

Directions

- In small bowl, mix barbecue sauce, chiles and cilantro. Cover; refrigerate 1 hour to blend flavors.
- Bake pizza snacks as directed on package.
- Serve with dip.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0434782634611%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 71.98kcal (3.6%), Fat: 0.78g (1.2%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 14.85g (5.4%), Sugar: 12.38g (13.76%), Cholesterol: 0.4mg (0.13%), Sodium: 373.11mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Fiber: 0.68g (2.7%), Potassium: 83.2mg (2.38%), Manganese: 0.05mg (2.26%), Vitamin E: 0.29mg (1.92%), Vitamin A: 83.45IU (1.67%), Calcium: 15.83mg (1.58%), Vitamin B6: 0.03mg (1.34%), Copper: 0.03mg (1.29%), Iron: 0.23mg (1.28%), Vitamin B2: 0.02mg (1.18%), Magnesium: 4.66mg (1.17%), Vitamin B3: 0.21mg (1.07%)