



## Stromboli

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**526 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 0.5 oz parmigiano-reggiano finely grated
- ☐ 1 lb pizza dough frozen thawed
- ☐ 4 oz provolone cheese thinly sliced ( 12 slices)
- ☐ 0.7 cup roasted bell peppers jarred rinsed chopped
- ☐ 3 oz genoa salami thinly sliced ( 12 slices)

## Equipment

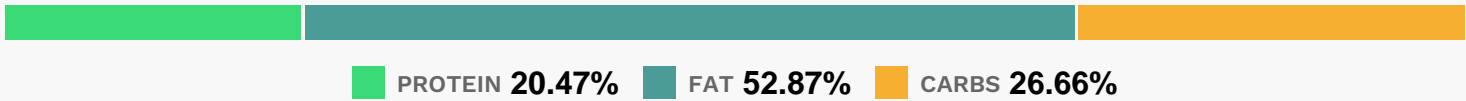
- ☐ baking sheet

☐ oven

## Directions

- ☐ Preheat oven to 400°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 one fourth 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.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:20.121739180192%

## Nutrients (% of daily need)

Calories: 525.92kcal (26.3%), Fat: 30.81g (47.4%), Saturated Fat: 13.2g (82.52%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 32.19g (11.71%), Sugar: 4.28g (4.76%), Cholesterol: 101.14mg (33.71%), Sodium: 1587.47mg (69.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.67%), Selenium: 38.6µg (55.14%), Calcium: 478.59mg (47.86%), Phosphorus: 446.3mg (44.63%), Vitamin B12: 2.05µg (34.13%), Vitamin B2: 0.53mg (31.15%), Vitamin B1: 0.45mg (30.31%), Zinc: 3.61mg (24.04%), Manganese: 0.39mg (19.46%), Vitamin B3: 3.87mg (19.36%), Iron: 3.43mg (19.07%), Vitamin A: 853.81IU (17.08%), Copper: 0.34mg (16.96%), Vitamin B6: 0.3mg (14.89%), Vitamin C: 12.21mg (14.8%), Folate: 56.21µg (14.05%), Fiber: 2.77g (11.1%), Magnesium: 44.32mg (11.08%), Potassium: 346.44mg (9.9%), Vitamin E: 1.35mg (9%), Vitamin B5: 0.83mg (8.25%), Vitamin K: 8.21µg (7.81%), Vitamin D: 0.41µg (2.73%)