



Vegetarian Stromboli



Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup asparagus sliced (Approximately 10-12 Spears)
- ☐ 1 Clove garlic minced (I Used 2 Cloves)
- ☐ 1 cup blend cheese shredded italian (I Used Part Skim Pizza Blend Cheese)
- ☐ 24 servings penzey's southwest seasoning italian as needed
- ☐ 1 Teaspoon olive oil
- ☐ 0.3 Teaspoon pepper (Not Mentioned In The Original Recipe)
- ☐ 1 pizza tube refrigerated (I Used Pillsbury Pizza Crust)
- ☐ 2 plum tomatoes crushed seeded chopped (I Used)

- ☐ 0.5 Teaspoon salt
- ☐ 1 cup peeper diced yellow (1 Medium Size)
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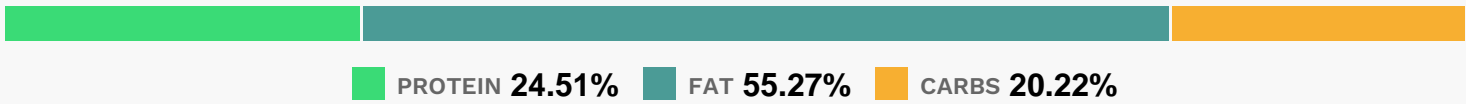
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 400F/200C for 15 minutes.In a glass bowl, combine asparagus, peepers, tomatoes, garlic, olive oil, salt, Italian seasoning and pepper.
- ☐ Mix them well and here is how it looks:Cover and microwave for 4 minutes, stirring once in the middle.
- ☐ Let cool 5 minutes.
- ☐ Drain off excess liquid. (But I did not have any excess liquid)Unroll pizza dough onto baking sheet and shape into a rectangle.
- ☐ Place half of cheese onto bottom third of dough along its length.
- ☐ Spread veegie filling onto cheese.Top with remaining cheese.
- ☐ Roll up to shape stromboli (into a log).
- ☐ Bake for 25 minutes.
- ☐ Let cool 5 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:4.46, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3817391278951%

Flavonoids

Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 20.57kcal (1.03%), Fat: 1.39g (2.14%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.15g (0.17%), Cholesterol: 0.93mg (0.31%), Sodium: 58.23mg (2.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin K: 8.74µg (8.32%), Manganese: 0.09mg (4.34%), Iron: 0.51mg (2.81%), Calcium: 27.06mg (2.71%), Fiber: 0.56g (2.26%), Vitamin E: 0.27mg (1.83%), Folate: 5.3µg (1.32%), Vitamin A: 59.58IU (1.19%)