



Artichoke, Mushroom, and Prosciutto Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup ricotta cheese fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 9 ounce artichoke hearts frozen thawed drained coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 8 ounce pre- mushrooms
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.5 teaspoon pepper
- ☐ 10 ounce pizza crust dough refrigerated canned

- ☐ 3 ounce pancetta
- ☐ 1 cup tomato and basil pasta sauce warmed (such as Classico)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 425
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add artichoke hearts, mushrooms, and garlic; cook 6 minutes or until liquid is absorbed.
- ☐ Remove from heat.
- ☐ Combine artichoke mixture, cheeses, basil, and pepper in a medium bowl. Set aside.
- ☐ Divide pizza dough evenly into 4 pieces on a lightly floured surface; roll each piece into a round disk.
- ☐ Let stand 5 minutes. Pat or roll each disk into a 5-inch circle.
- ☐ Arrange 1 prosciutto slice over each circle. Spoon 1/2 cup cheese filling on half of each circle, leaving a 1/2-inch border.
- ☐ Brush edges with water. Fold pizza dough over the cheese filling until edges almost meet. Bring bottom edge over top edge; crimp edges of dough with fingers to form a rim.
- ☐ Place calzones on a baking sheet coated with cooking spray. Coat calzones with cooking spray.
- ☐ Cut 3 small slits into top of dough using a sharp knife.
- ☐ Bake calzones at 425 for 17 minutes or until lightly browned.
- ☐ Serve with pasta sauce.

Nutrition Facts



 PROTEIN **18.83%**  FAT **31.55%**  CARBS **49.62%**

Properties

Glycemic Index:47.75, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:11.244347937729%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 388.88kcal (19.44%), Fat: 13.7g (21.08%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 43.27g (15.73%), Sugar: 9.31g (10.35%), Cholesterol: 26.23mg (8.74%), Sodium: 965.68mg (41.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.8%), Folate: 91.25µg (22.81%), Vitamin B2: 0.36mg (21.18%), Fiber: 5.21g (20.85%), Calcium: 186.83mg (18.68%), Vitamin B3: 3.49mg (17.43%), Phosphorus: 167.66mg (16.77%), Selenium: 11.39µg (16.27%), Iron: 2.91mg (16.17%), Potassium: 496.39mg (14.18%), Manganese: 0.24mg (12.07%), Copper: 0.24mg (11.77%), Vitamin B5: 1.13mg (11.29%), Vitamin B1: 0.15mg (9.77%), Vitamin B6: 0.19mg (9.29%), Vitamin A: 403.14IU (8.06%), Vitamin C: 6.49mg (7.86%), Magnesium: 29.25mg (7.31%), Zinc: 0.96mg (6.43%), Vitamin K: 4.69µg (4.47%), Vitamin B12: 0.21µg (3.57%), Vitamin D: 0.23µg (1.56%)