



Arugula and Ricotta Calzones

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups baby arugula packed
- ☐ 0.1 teaspoon pepper black
- ☐ 1 large egg yolk
- ☐ 1 large garlic clove minced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parmesan grated finely
- ☐ 1 lb pizza dough frozen thawed
- ☐ 0.3 teaspoon salt

- ☐ 3 oz whole-milk mozzarella grated
- ☐ 0.7 cup whole-milk ricotta cheese

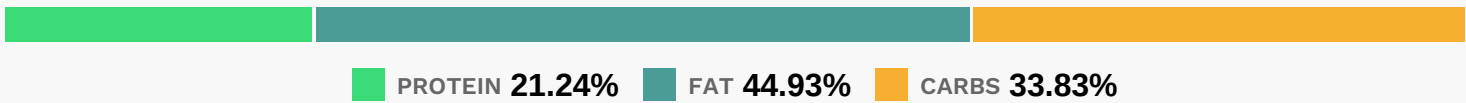
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ rolling pin

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 450°F.
- ☐ Cook garlic in oil in a 12-inch heavy skillet over moderate heat, stirring frequently, until golden, 1 to 2 minutes.
- ☐ Add arugula and cook, stirring frequently, until wilted, 2 to 3 minutes.
- ☐ Transfer to a sieve and press hard on arugula to squeeze out as much excess liquid as possible, then coarsely chop.
- ☐ Stir together ricotta, mozzarella, Parmigiano-Reggiano, yolk, salt, and pepper until blended, then stir in arugula.
- ☐ Quarter dough, then roll out each piece into an 8-inch round with a rolling pin. Put one fourth of cheese filling (about 1/3 cup) in center of 1 round and fold dough in half to enclose filling and form a semicircle. Press edges together to seal. Beginning at 1 end and working toward the other, stretch sealed edge outward, pinching and rolling edge to form a rope.
- ☐ Transfer to baking sheet. Make 3 more calzones in same manner, transferring to baking sheet.
- ☐ Bake calzones until golden and puffed, 12 to 15 minutes. Cool on baking sheet 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:20.859565128451%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 463.33kcal (23.17%), Fat: 22.97g (35.33%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 38.91g (12.97%), Net Carbohydrates: 35.36g (12.86%), Sugar: 6.55g (7.27%), Cholesterol: 73.86mg (24.62%), Sodium: 906.43mg (39.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.85%), Calcium: 573.79mg (57.38%), Vitamin K: 55.83µg (53.17%), Selenium: 31.57µg (45.1%), Phosphorus: 398.43mg (39.84%), Vitamin A: 1520.51IU (30.41%), Vitamin B2: 0.42mg (24.85%), Manganese: 0.48mg (24.11%), Folate: 90.43µg (22.61%), Vitamin B12: 1.19µg (19.88%), Iron: 3.42mg (19%), Vitamin B1: 0.27mg (18.08%), Zinc: 2.69mg (17.96%), Vitamin E: 2.47mg (16.48%), Copper: 0.3mg (15.12%), Fiber: 3.55g (14.2%), Magnesium: 53.51mg (13.38%), Vitamin B3: 2.65mg (13.26%), Potassium: 353.37mg (10.1%), Vitamin C: 7.59mg (9.21%), Vitamin B6: 0.17mg (8.35%), Vitamin B5: 0.57mg (5.67%), Vitamin D: 0.24µg (1.61%)