



Beef-and-Pepperoni Calzones

READY IN



45 min.

SERVINGS



6

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons penzey's southwest seasoning italian
- 1 pound ground beef lean
- 6 servings olive oil
- 3.5 ounce pepperoni
- 20 ounce pizza crust refrigerated canned
- 14 ounces mozzarella cheese shredded divided
- 6 ounce tomato paste low-sodium canned
- 6 servings tomato sauce italian

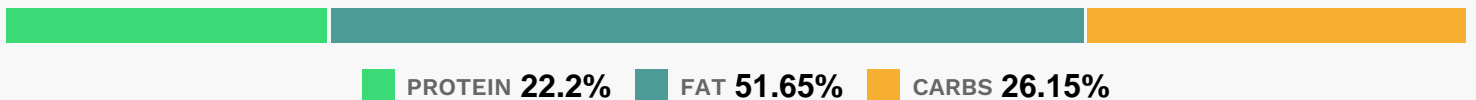
Equipment

- frying pan
- baking sheet
- oven
- broiler

Directions

- Cook ground beef in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink.
- Drain.
- Combine beef, 2 1/2 cups cheese, and next 3 ingredients.
- Unroll each pizza crust, and cut each crust into thirds.
- Roll each portion to a 5-inch circle.
- Spread 3/4 cup of meat mixture evenly over half of each circle. Moisten edges with water; fold dough over, pressing or crimping edges to seal.
- Place on a lightly greased baking sheet, and cut slits in tops to allow steam to escape.
- Brush with olive oil.
- Bake at 375 for 25 to 30 minutes or until golden. Top with Italian Tomato Sauce; sprinkle with remaining cheese. Melt cheese under broiler, if desired.
- Note: Freeze baked calzones up to 1 month, if desired. Thaw in refrigerator overnight. Wrap calzones in aluminum foil, and bake at 300 for 1 hour or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:19.300869692927%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 752.61kcal (37.63%), Fat: 43.26g (66.55%), Saturated Fat: 16.01g (100.06%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 47.03g (17.1%), Sugar: 7.84g (8.71%), Cholesterol: 115.17mg (38.39%), Sodium: 1447.08mg (62.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.84g (83.67%), Vitamin B12: 3.42µg (56.94%), Phosphorus: 420.28mg (42.03%), Selenium: 29.4µg (41.99%), Zinc: 6.28mg (41.86%), Calcium: 364.52mg (36.45%), Iron: 5.56mg (30.87%), Vitamin B3: 5.43mg (27.15%), Vitamin B2: 0.37mg (21.76%), Vitamin B6: 0.43mg (21.55%), Vitamin E: 3.01mg (20.03%), Vitamin K: 16.86µg (16.06%), Potassium: 451.13mg (12.89%), Manganese: 0.21mg (10.6%), Vitamin A: 527.79IU (10.56%), Magnesium: 40.42mg (10.1%), Fiber: 2.25g (9.01%), Vitamin B5: 0.86mg (8.6%), Vitamin B1: 0.12mg (7.9%), Copper: 0.14mg (6.86%), Vitamin D: 0.56µg (3.7%), Folate: 14.65µg (3.66%), Vitamin C: 2.76mg (3.35%)