

Beef Calzones

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour gluten-free red all-purpose such as Bob's Mill
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 pound ground sirloin
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon onion powder
- ☐ 4 ounces part-skim mozzarella cheese shredded

☐ 16 ounce pizza crust dough fresh gluten-free frozen thawed such as Gillian's

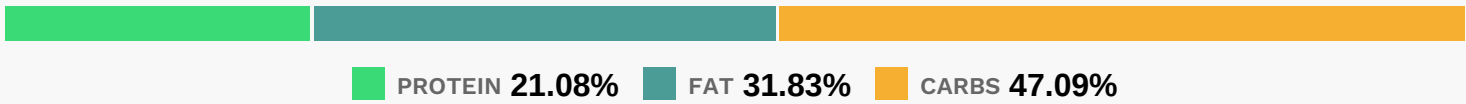
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Line a baking sheet with parchment paper. Set aside.
- ☐ Cook 1/2 pound ground sirloin, 1/2 cup chopped onion, 1 teaspoon onion powder, 1 teaspoon garlic powder, 1 teaspoon dried Italian seasoning, and 2 minced garlic cloves in a large nonstick skillet over medium-high heat 5 minutes, stirring to crumble beef.
- ☐ Drain.
- ☐ Cut dough into 4 equal portions.
- ☐ Roll 1 portion into a 6-inch circle on a work surface sprinkled with 1 tablespoon flour. Repeat procedure with remaining dough and flour.
- ☐ Spoon 1/4 cup beef filling into center of each circle; sprinkle each with 1/4 cup cheese.
- ☐ Brush edges of dough with water; fold dough in half over filling, pressing firmly to seal.
- ☐ Place calzones on prepared baking sheet; coat tops with cooking spray.
- ☐ Bake at 375 for 15 minutes or until crust is golden brown. Cool slightly, and serve with warm pizza sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:10.877826055755%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 552.75kcal (27.64%), Fat: 19.48g (29.97%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 64.85g (21.62%), Net Carbohydrates: 61.65g (22.42%), Sugar: 3.22g (3.58%), Cholesterol: 56.7mg (18.9%), Sodium: 816.27mg (35.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.05%), Calcium: 356.1mg (35.61%), Iron: 4.92mg (27.35%), Vitamin B12: 1.46µg (24.38%), Phosphorus: 241.76mg (24.18%), Zinc: 3.43mg (22.87%), Selenium: 13.63µg (19.47%), Vitamin B6: 0.28mg (13.99%), Vitamin B3: 2.73mg (13.65%), Fiber: 3.2g (12.82%), Vitamin B2: 0.18mg (10.78%), Potassium: 246.47mg (7.04%), Magnesium: 21.59mg (5.4%), Manganese: 0.1mg (4.91%), Vitamin K: 5.03µg (4.79%), Vitamin B5: 0.38mg (3.81%), Copper: 0.07mg (3.37%), Vitamin E: 0.5mg (3.31%), Vitamin B1: 0.05mg (3.17%), Vitamin A: 145.4IU (2.91%), Folate: 11.66µg (2.91%), Vitamin C: 2.09mg (2.53%)