



Beef 'n Cheese Calzone

READY IN



40 min.

SERVINGS



1

CALORIES



1461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving dijon mustard
- ☐ 2 tablespoons spring onion sliced
- ☐ 4 ounces mushrooms drained canned
- ☐ 13.8 ounces pizza dough refrigerated canned
- ☐ 0.3 pound pan drippings from roast beef preferably cooked thinly sliced
- ☐ 1 ounce cheddar cheese shredded
- ☐ 2 ounces mozzarella cheese shredded

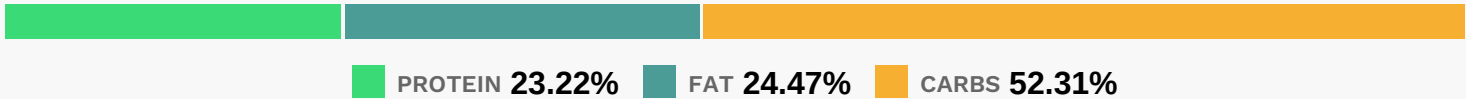
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Lightly grease cookie sheet. Unroll pizza crust on cookie sheet; gently stretch to form 12-inch circle.
- ☐ Layer beef, onions, mushrooms and cheeses on half of crust to within 1 inch of edge. Fold crust over filling; fold edge up and seal with fork.
- ☐ Cut slits in top.
- ☐ Bake 20 to 25 minutes or until crust is golden brown and filling is hot. Cool 5 minutes before cutting into wedges.
- ☐ Serve with mustard.

Nutrition Facts



Properties

Glycemic Index:150, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:38.956087278283%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 1461.45kcal (73.07%), Fat: 40.31g (62.01%), Saturated Fat: 17.8g (111.25%), Carbohydrates: 193.84g (64.61%), Net Carbohydrates: 186.31g (67.75%), Sugar: 27.53g (30.59%), Cholesterol: 159.32mg (53.11%), Sodium: 5707.57mg (248.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.05g (172.09%), Calcium: 925.31mg (92.53%), Vitamin C: 72.7mg (88.12%), Iron: 14.86mg (82.54%), Vitamin B3: 15.49mg (77.46%), Phosphorus: 729.73mg (72.97%), Vitamin B12: 4.21µg (70.15%), Zinc: 8.82mg (58.82%), Selenium: 40.11µg (57.3%), Vitamin B2: 0.94mg (55.31%), Vitamin B6: 0.77mg (38.7%), Fiber: 7.53g (30.12%), Vitamin K: 26.9µg (25.62%), Potassium: 889.5mg (25.41%), Copper: 0.5mg (24.78%), Vitamin B5: 2.37mg (23.72%), Magnesium: 65.75mg (16.44%), Vitamin A: 790.54IU (15.81%), Vitamin B1: 0.2mg (13.41%), Folate: 50.99µg (12.75%), Manganese: 0.14mg (7.1%), Vitamin D: 0.62µg (4.16%), Vitamin E: 0.42mg (2.77%)