



## Beef Pocket Sandwiches

READY IN



30 min.

SERVINGS



8

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground beef 95% lean
- 1 tablespoon butter
- 1 cup mushrooms fresh sliced
- 1 bell pepper green cut into strips
- 8 oz six-cheese blend shredded italian
- 8 servings olive oil
- 27.6 oz pizza crust dough refrigerated canned
- 14 oz pizza sauce

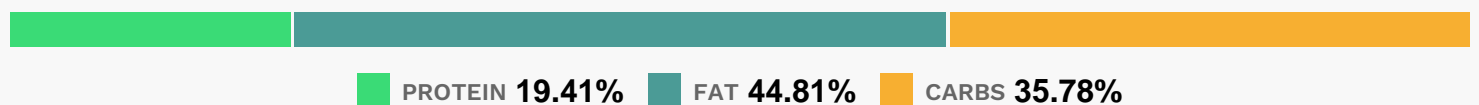
## Equipment

- frying pan
- baking sheet
- paper towels
- oven

## Directions

- Cook ground beef in a large nonstick skillet over medium-high heat, stirring until it crumbles and is no longer pink.
- Remove from skillet, and drain well. Wipe skillet clean with a paper towel.
- Melt butter in skillet over medium-high heat.
- Add bell pepper strips and sliced mushrooms, and saut 8 minutes or until mushrooms are lightly browned and liquid evaporates.
- Remove from heat; stir in beef, 1 jar pizza sauce, and cheese.
- Unroll each can of pizza crust dough on a lightly floured surface; cut each crust into quarters. Press each dough quarter into a 7- x 6-inch rectangle. Spoon about 2/3 cup meat mixture in the center of each rectangle. Fold 1 short side of dough over filling, pressing or crimping edges to seal.
- Place beef pockets on 2 lightly greased baking sheets, and cut slits in tops to allow steam to escape.
- Brush lightly with olive oil.
- Bake, on separate oven racks, at 375 for 25 to 30 minutes or until golden. (Switch places of baking sheets in oven after 15 minutes if necessary for even baking.)
- Serve with pizza sauce, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:0.98, Inflammation Score:-3, Nutrition Score:11.334782592628%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 563.11kcal (28.16%), Fat: 28.59g (43.98%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 48.78g (17.74%), Sugar: 8.43g (9.36%), Cholesterol: 44.59mg (14.86%), Sodium: 1046.16mg (45.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.73%), Iron: 4.66mg (25.87%), Vitamin B12: 1.28µg (21.3%), Vitamin B3: 4.11mg (20.56%), Zinc: 3.08mg (20.52%), Vitamin E: 2.99mg (19.91%), Vitamin C: 15.68mg (19.01%), Selenium: 11.3µg (16.14%), Vitamin B6: 0.32mg (15.84%), Phosphorus: 139.37mg (13.94%), Potassium: 408.28mg (11.67%), Vitamin K: 11.21µg (10.68%), Vitamin B2: 0.18mg (10.38%), Fiber: 2.58g (10.34%), Copper: 0.15mg (7.43%), Vitamin B5: 0.71mg (7.14%), Calcium: 71.16mg (7.12%), Vitamin A: 313.59IU (6.27%), Magnesium: 22.52mg (5.63%), Manganese: 0.08mg (4.13%), Vitamin B1: 0.05mg (3.56%), Folate: 10.88µg (2.72%)