



Beefy Calzones

 Gluten Free

READY IN



43 min.

SERVINGS



25

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounces baby spinach packed (4 tightly cups)
- ☐ 2 cups button mushrooms chopped
- ☐ 24 oz tomatoes
- ☐ 0.5 serving master meat mix (1 lb. 11 oz.)
- ☐ 2 pounds pizza dough frozen thawed
- ☐ 2 cups mozzarella cheese shredded
- ☐ 1.5 tablespoons vegetable oil

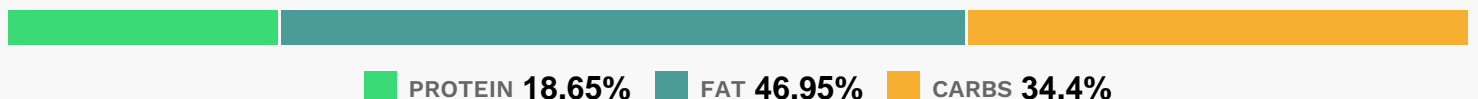
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Place a rack in the lowest position in oven and preheat to 450F. Line 2 large baking sheets with parchment.
- ☐ In a large skillet, warm oil over medium-high heat.
- ☐ Add mushrooms; saut until softened, about 3 minutes.
- ☐ Add meat mix and cook, breaking up with a wooden spoon, until browned, about 5 minutes.
- ☐ Add spinach and 1 cup marinara sauce and cook, stirring, until spinach has wilted, about 2 minutes.
- ☐ Remove from heat.
- ☐ On a lightly floured work surface, divide dough in half.
- ☐ Roll one portion into a large oval, about 13 inches wide by 16 inches long. Spoon half of meat filling onto center of dough, leaving a 2 1/2-inch margin around the edges. Top with 1 cup mozzarella. Fold dough in half along the width and seal; transfer to lined baking sheet. Using a sharp knife, make 3 slits on top of dough. Repeat with remaining dough, filling and cheese.
- ☐ Bake until crust is golden and filling is bubbling, about 18 minutes. Warm remaining marinara sauce in microwave or in a saucepan over medium-low heat.
- ☐ Remove calzones from oven, slice each into 4 pieces and serve, passing warmed marinara on the side.

Nutrition Facts



Properties

Glycemic Index:5.44, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:8.2478260410869%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 144.34kcal (7.22%), Fat: 7.66g (11.78%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 11.22g (4.08%), Sugar: 2.53g (2.81%), Cholesterol: 13.35mg (4.45%), Sodium: 353.44mg (15.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Vitamin K: 32.25µg (30.71%), Vitamin A: 834.18IU (16.68%), Selenium: 10.26µg (14.66%), Calcium: 119.86mg (11.99%), Phosphorus: 113.4mg (11.34%), Vitamin B2: 0.18mg (10.49%), Manganese: 0.19mg (9.59%), Vitamin B12: 0.49µg (8.17%), Iron: 1.35mg (7.5%), Copper: 0.15mg (7.32%), Folate: 29.17µg (7.29%), Vitamin B3: 1.39mg (6.97%), Vitamin B1: 0.1mg (6.43%), Vitamin E: 0.96mg (6.39%), Zinc: 0.87mg (5.8%), Potassium: 198.86mg (5.68%), Fiber: 1.41g (5.63%), Vitamin C: 4.1mg (4.96%), Magnesium: 19.39mg (4.85%), Vitamin B6: 0.08mg (3.96%), Vitamin B5: 0.29mg (2.95%)