



## Breakfast Calzones

READY IN



30 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons butter
- 4 eggs
- 0.3 cup milk
- 4 teaspoons parmesan cheese grated
- 1 Dash pepper
- 3 oz pepperoni
- 13.8 oz pizza dough refrigerated pillsbury® canned
- 2 oz mozzarella cheese shredded

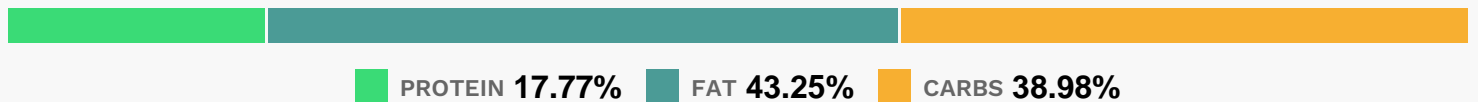
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- cutting board

## Directions

- Heat oven to 400°F. Spray large cookie sheet with cooking spray.
- In medium bowl, beat eggs, milk and pepper with whisk or fork until well blended. In 10-inch nonstick skillet, melt butter over medium heat.
- Add egg mixture; cook 3 to 5 minutes, stirring occasionally, until eggs are set but moist.
- Unroll dough on large cutting board; pat into 14x10-inch rectangle.
- Cut dough into 4 (7x5-inch) rectangles.
- Sprinkle 2 tablespoons mozzarella cheese on half of each rectangle to within 1/2 inch of edges. Top evenly with pepperoni, Parmesan cheese and eggs. Fold plain half of dough over filling; press edges firmly with fork to seal.
- Place on cookie sheet.
- Bake 11 to 13 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:10.064347920615%

## Nutrients (% of daily need)

Calories: 501.15kcal (25.06%), Fat: 24.11g (37.09%), Saturated Fat: 9.22g (57.65%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 47.42g (17.24%), Sugar: 7.11g (7.9%), Cholesterol: 201.62mg (67.21%), Sodium: 1310.07mg

(56.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.28g (44.57%), Selenium: 24.1µg (34.43%), Phosphorus: 218.16mg (21.82%), Iron: 3.78mg (21%), Vitamin B2: 0.33mg (19.7%), Vitamin B12: 1.14µg (19.04%), Calcium: 163.45mg (16.35%), Zinc: 1.78mg (11.84%), Vitamin B5: 1.02mg (10.21%), Vitamin A: 490.32IU (9.81%), Vitamin D: 1.41µg (9.37%), Vitamin B6: 0.17mg (8.53%), Manganese: 0.15mg (7.55%), Vitamin B1: 0.09mg (5.97%), Fiber: 1.47g (5.89%), Folate: 23.06µg (5.77%), Vitamin B3: 1.13mg (5.65%), Vitamin E: 0.82mg (5.46%), Potassium: 163.08mg (4.66%), Magnesium: 15.61mg (3.9%), Copper: 0.05mg (2.75%), Vitamin K: 1.86µg (1.77%)