



Broccoli and Cheese Calzone

READY IN



35 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 10 ounce broccoli florets thawed drained
- ☐ 2 tablespoons parmesan grated
- ☐ 8 ounces part-skim mozzarella cheese shredded
- ☐ 15 ounce part-skim ricotta cheese
- ☐ 1 pound pizza dough thawed
- ☐ 4 servings salt

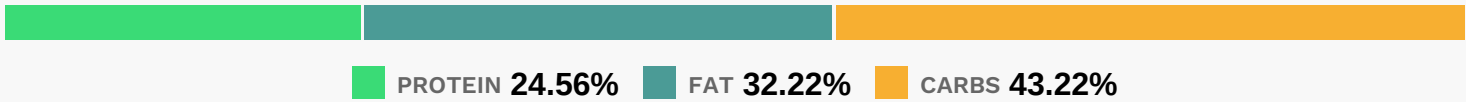
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a medium bowl, combine ricotta, mozzarella and broccoli.
- ☐ Mix well. Season with salt and black pepper.
- ☐ Roll dough out to a 12-inch circle.
- ☐ Spread cheese filling over 1 side of circle, to within 1-inch of the edge. Lift 1 side of dough and fold over so that it meets the other side, forming a half moon, and pinch the edges together to seal.
- ☐ Preheat oven to 400 degrees F.
- ☐ Transfer calzone to a large baking sheet sprinkle the top with cheese.
- ☐ Bake 15 minutes, until puffed up golden brown.
- ☐ Let stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:22.89999989323%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 603.83kcal (30.19%), Fat: 21.86g (33.63%), Saturated Fat: 12.34g (77.11%), Carbohydrates: 65.98g (21.99%), Net Carbohydrates: 62.41g (22.69%), Sugar: 9.23g (10.25%), Cholesterol: 70.94mg (23.65%), Sodium: 1560.97mg (67.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.5g (75%), Calcium: 796.03mg (79.6%), Vitamin C: 63.22mg (76.63%), Vitamin K: 74.15µg (70.62%), Phosphorus: 521.35mg (52.13%), Selenium: 28.26µg (40.37%), Vitamin B2: 0.46mg (27.05%), Iron: 4.2mg (23.35%), Vitamin A: 1142.57IU (22.85%), Zinc: 3.35mg (22.34%), Folate: 63.77µg (15.94%), Fiber: 3.57g (14.28%), Vitamin B12: 0.8µg (13.39%), Potassium: 408.15mg

(11.66%), Magnesium: 45.15mg (11.29%), Vitamin B6: 0.19mg (9.38%), Manganese: 0.18mg (8.94%), Vitamin B5: 0.72mg (7.21%), Vitamin B1: 0.08mg (5.6%), Vitamin E: 0.71mg (4.75%), Copper: 0.09mg (4.37%), Vitamin B3: 0.6mg (3.02%), Vitamin D: 0.29µg (1.93%)