



Broccoli-And-Two Cheese Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 cups broccoli florets
- 2 garlic cloves minced
- 2.6 ounces cheddar cheese shredded reduced-fat
- 1 teaspoon olive oil
- 0.5 cup onion chopped
- 2.6 ounces pre-shredded part-skim mozzarella cheese
- 1.5 cups roasted garlic pasta sauce low-fat
- 10 ounce pizza dough refrigerated canned

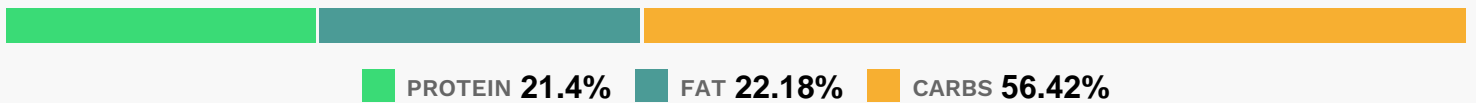
Equipment

- frying pan
- oven

Directions

- Preheat oven to 42
- Steam broccoli, covered, 5 minutes or until tender; drain.
- Heat oil in a small nonstick skillet over medium-high heat.
- Add onion and garlic; saut 3 minutes or until golden.
- Roll pizza dough out; cut into 4 rectangles.
- Roll each rectangle to 1/8-inch thickness.
- Place 1/3 cup broccoli in center of each rectangle; top evenly with cheeses.
- Sprinkle with onion mixture. Spoon 2 tablespoons pasta sauce over onion mixture.
- Sprinkle evenly with pepper. Moisten edges of rectangles with water; bring opposite corners to center, pressing to seal.
- Bake at 425 for 14 minutes or until golden.
- Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:14.976956481519%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 310.88kcal (15.54%), Fat: 7.91g (12.17%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 45.25g (15.08%), Net Carbohydrates: 41.13g (14.96%), Sugar: 9.61g (10.68%), Cholesterol: 15.66mg (5.22%), Sodium: 1190.93mg (51.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Vitamin C: 48.97mg (59.35%), Vitamin K: 50.91µg (48.49%), Calcium: 264.36mg (26.44%), Phosphorus: 238.23mg (23.82%), Iron: 3.37mg (18.71%), Fiber: 4.12g (16.49%), Vitamin A: 811.33IU (16.23%), Manganese: 0.31mg (15.57%), Potassium: 486.16mg (13.89%), Vitamin B2: 0.22mg (12.79%), Vitamin E: 1.87mg (12.46%), Vitamin B6: 0.23mg (11.75%), Folate: 44.55µg (11.14%), Selenium: 7.35µg (10.5%), Zinc: 1.29mg (8.6%), Magnesium: 33.75mg (8.44%), Copper: 0.16mg (7.77%), Vitamin B3: 1.27mg (6.35%), Vitamin B5: 0.63mg (6.33%), Vitamin B1: 0.07mg (4.84%), Vitamin B12: 0.24µg (4.02%)