



Broccoli-Cheese Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup flour gluten-free red all-purpose (such as Bob's Mill)
- ☐ 1 cup mushrooms sliced
- ☐ 1 teaspoon olive oil
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 16 ounce pizza crust dough fresh gluten-free frozen thawed (such as Gillian's)

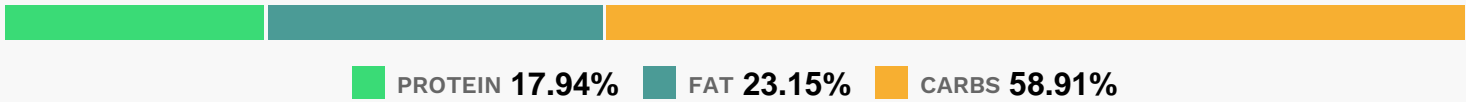
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 37
 - ☐ Line a baking sheet with parchment paper. Set aside.
 - ☐ Heat a large nonstick skillet over medium-high heat.
 - ☐ Add oil, swirling to coat pan.
 - ☐ Add broccoli, mushrooms, and red pepper; saut 5 minutes or until lightly browned and moisture evaporates.
 - ☐ Remove from heat.
 - ☐ Cut dough into 4 equal portions.
 - ☐ Roll 1 portion into a 6-inch circle on a work surface sprinkled with 1 tablespoon flour. Repeat procedure with remaining dough and flour.
 - ☐ Spoon 1/4 cup vegetable filling into center of each circle; sprinkle each with 1/4 cup cheese.
 - ☐ Brush edges of dough with water; fold dough in half over filling, pressing firmly to seal.
 - ☐ Place calzones on prepared baking sheet; coat tops with cooking spray.
 - ☐ Bake at 375 for 15 minutes or until crust is golden brown. Cool slightly, and serve with warm pizza sauce, if desired.
 - ☐ Beef Calzones variation: Replace the vegetable filling with a meaty version. Starting with step 3, cook 1/2 pound ground sirloin, 1/2 cup chopped onion, 1 teaspoon onion powder, 1 teaspoon garlic powder, 1 teaspoon dried Italian seasoning, and 2 minced garlic cloves in a large nonstick skillet over medium-high heat 5 minutes, stirring to crumble beef.
 - ☐ Drain. Continue the recipe starting with step
- CALORIES 483; FAT 7g (sat 8g, mono 5g, poly 7g); PROTEIN 1g; CARB 8g; FIBER 4g; CHOL 37mg; IRON 4mg; SODIUM 465mg; CALC 22mg

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:9.3695651292801%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 428.46kcal (21.42%), Fat: 11.1g (17.08%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 63.56g (21.19%), Net Carbohydrates: 60.2g (21.89%), Sugar: 3.16g (3.51%), Cholesterol: 18.14mg (6.05%), Sodium: 787.61mg (34.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.7%), Calcium: 341.61mg (34.16%), Vitamin C: 20.8mg (25.21%), Vitamin K: 24.39µg (23.23%), Iron: 3.73mg (20.73%), Phosphorus: 167.29mg (16.73%), Fiber: 3.35g (13.41%), Vitamin B2: 0.21mg (12.36%), Selenium: 6.91µg (9.87%), Zinc: 1.01mg (6.71%), Vitamin A: 315.16IU (6.3%), Vitamin B3: 1.06mg (5.28%), Folate: 21µg (5.25%), Vitamin B5: 0.51mg (5.13%), Potassium: 174.47mg (4.98%), Copper: 0.1mg (4.79%), Vitamin B6: 0.09mg (4.36%), Vitamin B12: 0.24µg (4.03%), Magnesium: 13.64mg (3.41%), Manganese: 0.06mg (3.2%), Vitamin E: 0.41mg (2.74%), Vitamin B1: 0.04mg (2.73%)