



Broccoli, Pepperoni and Three Cheese Calzones

READY IN



45 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 1.5 heads broccoli fresh
- ☐ 2 tablespoons cornmeal
- ☐ 1 eggs beaten
- ☐ 4 cups flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan cheese grated

- ☐ 1 cup pepperoni diced
- ☐ 0.7 cup provolone cheese shredded
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 1 tablespoon water
- ☐ 1.5 cups warm water (110 degrees F/45 degrees C)
- ☐ 1.5 teaspoons sugar white

Equipment

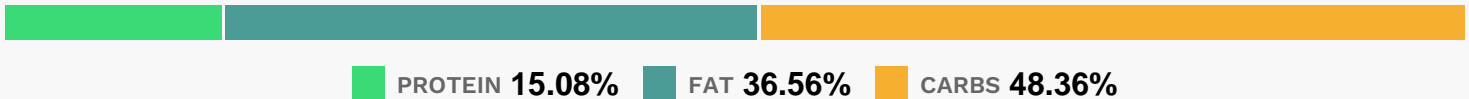
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ In a large bowl, proof the yeast by blending it with 1/4 cup of the warm water.
- ☐ Let stand until it bubbles.
- ☐ In a large bowl combine the flour, salt, and sugar. Blend in the one tablespoon of olive oil by rubbing the mixture between the palms of your hands. Make a well in the dry ingredients.
- ☐ Add proofed yeast mixture and work in by hand. Gradually add the remaining warm water. Blend well and gather into a ball.
- ☐ Place one teaspoon of olive oil on a wooden board. Knead dough on board until smooth.
- ☐ Place dough in a greased bowl and cover with plastic wrap and a towel.
- ☐ Let rise in a warm place for 1 1/2 hours or until doubled in bulk.
- ☐ Meanwhile, prepare calzone filling: separate the broccoli tops from the stalks. Soak in cool water with 1 teaspoon salt for 15 minutes. Rinse in cool water. Cook in a large pot of boiling water for 5 minutes.

- ☐ Drain well and chop into small pieces.
- ☐ Place in large bowl with provolone cheese, mozzarella cheese, Parmesan cheese, garlic, pepperoni, olive oil, salt, and ground black pepper.
- ☐ Punch down dough and knead for one minute. Divide into six equal pieces. On a floured board, roll each section into a 8x10 inch rectangle.
- ☐ In a small bowl combine the beaten egg and water. On the long side of the dough, place 2/3 cup filling in a strip one inch away from the edges of the dough. Flatten the filling with a spoon.
- ☐ Brush egg mixture over edges of dough. Fold the dough over the filling. Fold edges under 1/4 inch. Seal edges.
- ☐ Sprinkle two 12x16 inch baking pans with cornmeal.
- ☐ Place three calzones on each baking pan.
- ☐ Brush remaining egg mixture on top of calzones. Prick tops of calzones with toothpick, making holes 1/2 inch apart on top of dough.
- ☐ Bake in a preheated 375 degree F (190 degrees C) oven for 30 minutes, or until golden brown.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:59.6, Glycemic Load:50.35, Inflammation Score:-9, Nutrition Score:35.877391131028%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 648.85kcal (32.44%), Fat: 26.55g (40.84%), Saturated Fat: 9.13g (57.04%), Carbohydrates: 79g (26.33%), Net Carbohydrates: 72.16g (26.24%), Sugar: 4.04g (4.49%), Cholesterol: 64.21mg (21.4%), Sodium: 1163.82mg (50.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.27%), Vitamin C: 135.74mg (164.54%), Vitamin K: 162.38µg (154.65%), Folate: 283.25µg (70.81%), Vitamin B1: 0.96mg (64.08%), Selenium: 44.78µg

(63.97%), Manganese: 1.04mg (52.17%), Vitamin B2: 0.8mg (47.12%), Phosphorus: 371.48mg (37.15%), Vitamin B3: 7.42mg (37.12%), Iron: 5.67mg (31.48%), Calcium: 274.52mg (27.45%), Fiber: 6.84g (27.36%), Vitamin A: 1193.78IU (23.88%), Vitamin B6: 0.44mg (22.15%), Potassium: 687.96mg (19.66%), Vitamin E: 2.88mg (19.21%), Zinc: 2.81mg (18.71%), Vitamin B5: 1.84mg (18.44%), Magnesium: 66.29mg (16.57%), Copper: 0.25mg (12.4%), Vitamin B12: 0.72µg (12.05%), Vitamin D: 0.51µg (3.4%)