



Broccoli-Sausage Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup broccoli florets chopped
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 1 ounce sharp provolone cheese shredded
- ☐ 3.5 ounces chicken and sun-dried tomato sausage diced (such as Gerhard's)

Equipment

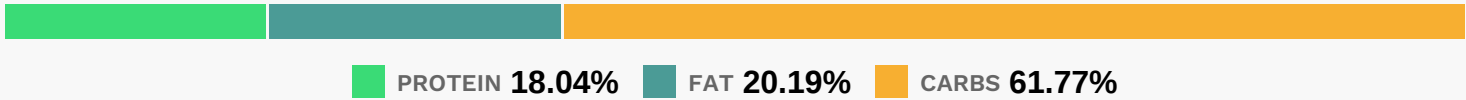
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Steam broccoli, covered, 3 minutes or until tender.
- ☐ Combine broccoli, sausage, ricotta, provolone, and black pepper in a bowl. Divide pizza dough into 4 equal portions on a lightly floured surface; cover and let rest for 10 minutes. Shape each piece into a ball.
- ☐ Roll each ball into a 6-inch circle.
- ☐ Place about 1/3 cup sausage mixture on half of each circle, leaving a 1/2-inch border. Fold the pizza dough over the sausage mixture until the edges almost meet. Bring the bottom edge over the top edge; crimp edges of dough with fingers to form a rim.
- ☐ Place the calzones on a baking sheet coated with cooking spray. Pierce tops with a fork. Lightly spray the tops with cooking spray.
- ☐ Bake at 350 for 35 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:3.49, Inflammation Score:-6, Nutrition Score:13.410869663176%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 311.48kcal (15.57%), Fat: 7.33g (11.28%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 50.48g (16.83%), Net Carbohydrates: 45.94g (16.71%), Sugar: 14.12g (15.68%), Cholesterol: 14.5mg (4.83%), Sodium: 634.27mg (27.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Vitamin C: 23.25mg (28.18%), Potassium: 948.96mg (27.11%), Manganese: 0.51mg (25.48%), Vitamin K: 26.71µg (25.44%), Iron: 4.46mg (24.8%), Phosphorus: 190.4mg (19.04%), Copper: 0.37mg (18.69%), Fiber: 4.54g (18.16%), Calcium: 172.87mg (17.29%), Magnesium:

58.16mg (14.54%), Vitamin B2: 0.22mg (12.9%), Vitamin B3: 2.38mg (11.89%), Selenium: 7.95µg (11.36%), Vitamin B1: 0.15mg (9.98%), Vitamin A: 493.38IU (9.87%), Zinc: 1.2mg (8.01%), Folate: 31.18µg (7.8%), Vitamin B5: 0.72mg (7.15%), Vitamin B6: 0.12mg (6.03%), Vitamin B12: 0.19µg (3.22%), Vitamin E: 0.16mg (1.07%)