



Buffalo Chicken Calzone

READY IN



55 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup buffalo wing sauce
- ☐ 2 tablespoons butter
- ☐ 1 pizza dough refrigerated
- ☐ 2 cups mozzarella cheese shredded
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 2 tablespoons vegetable oil divided

Equipment

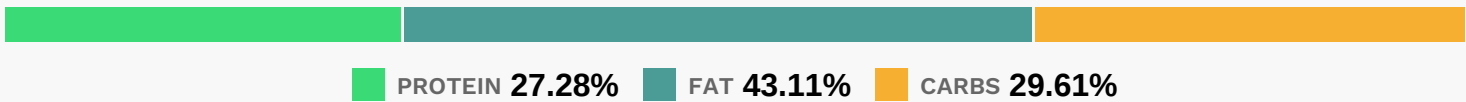
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ pizza pan
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 410 degrees F (210 degrees C). Grease a pizza pan.
- ☐ Place chicken into a large pot and cover with salted water; bring to a boil. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Transfer chicken to a bowl and shred with two forks.
- ☐ Melt butter in a skillet over medium-high heat. Cook and stir chicken and Buffalo wing sauce in the hot butter until chicken is coated and heated through, 2 to 4 minutes.
- ☐ Turn pizza dough out onto a generously floured surface.
- ☐ Roll dough into a 12-inch round.
- ☐ Brush dough with 1 tablespoon vegetable oil and spread 1 cup mozzarella cheese in the center of the dough, leaving a 1-inch border.
- ☐ Spread chicken mixture over cheese; top chicken mixture with remaining 1 cup cheese.
- ☐ Fold pizza dough in half and pinch edges together to seal.
- ☐ Transfer calzone to prepared pizza pan and brush top with remaining 1 tablespoon oil.
- ☐ Bake in the preheated oven until crust is golden brown, 17 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:17.863043422284%

Nutrients (% of daily need)

Calories: 648.04kcal (32.4%), Fat: 30.96g (47.63%), Saturated Fat: 13.4g (83.72%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 46.39g (16.87%), Sugar: 6.64g (7.38%), Cholesterol: 131.86mg (43.95%), Sodium: 1694.3mg (73.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.08g (88.15%), Selenium: 45.88µg (65.54%), Vitamin B3: 11.89mg (59.44%), Phosphorus: 438.06mg (43.81%), Vitamin B6: 0.87mg (43.51%), Calcium: 290.15mg (29.01%), Vitamin B12: 1.52µg (25.26%), Iron: 3.31mg (18.38%), Vitamin B5: 1.7mg (17.03%), Vitamin B2: 0.27mg (16.13%), Zinc: 2.3mg (15.33%), Vitamin K: 14.51µg (13.82%), Potassium: 463.81mg (13.25%), Vitamin A: 587.51IU (11.75%), Magnesium: 40.82mg (10.21%), Vitamin E: 1.04mg (6.94%), Vitamin B1: 0.09mg (5.98%), Fiber: 1.47g (5.86%), Vitamin D: 0.34µg (2.25%), Folate: 8.67µg (2.17%), Copper: 0.04mg (1.84%), Manganese: 0.03mg (1.69%), Vitamin C: 1.36mg (1.65%)