



Buffalo Chicken Calzone with Blue Cheese Dip

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cheese blue crumbled
- 1 pound bread dough fresh thawed
- 2 reserved chicken breast halves diced
- 2 tablespoons chives fresh chopped
- 1 teaspoon hot sauce
- 1 teaspoon liquid smoke
- 1 tablespoon olive oil
- 2 tablespoons parmesan grated

- 1 cup mozzarella cheese shredded
- 1 cup heavy whipping cream sour
- 0.7 cup reserved tomato sauce

Equipment

- bowl
- baking sheet
- oven
- knife
- rolling pin

Directions

- Watch how to make this recipe.
- Preheat oven to 450 degrees F.
- Coat a large baking sheet with cooking spray.
- In a large bowl, combine chicken, cheese, tomato sauce, liquid smoke, and hot sauce.
- Mix well and set aside.
- Roll dough out, using a rolling pin, to a 12-inch circle.
- Spread chicken mixture over half of circle, to within 1-inch of the edge. Fold over untopped side so that it meets the other side, forming a half moon. Pinch the edges together to seal.
- Transfer calzone to prepared baking sheet and brush the top with olive oil.
- Sprinkle the top with Parmesan. Using a sharp knife, make a few slits in the top to allow steam to escape during cooking.
- Bake 15 minutes, until puffed up and golden brown.
- Let stand 5 minutes before serving.
- While the calzone is baking, in a small bowl, combine sour cream, blue cheese and chives.
- Serve calzone sliced with sour cream dip on the side.

Nutrition Facts



■ PROTEIN 21.37% ■ FAT 55.08% ■ CARBS 23.55%

Properties

Glycemic Index:42.75, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:24.655217383219%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 656.98kcal (32.85%), Fat: 40.31g (62.02%), Saturated Fat: 17.67g (110.45%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 35.63g (12.96%), Sugar: 7.87g (8.74%), Cholesterol: 118.22mg (39.41%), Sodium: 1158.11mg (50.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.4%), Selenium: 51.8µg (74%), Phosphorus: 537.35mg (53.73%), Calcium: 501.49mg (50.15%), Vitamin B3: 9mg (45.02%), Vitamin B2: 0.61mg (35.6%), Vitamin B12: 1.92µg (32.07%), Vitamin B6: 0.62mg (30.79%), Vitamin A: 1301.36IU (26.03%), Zinc: 3.3mg (21.99%), Vitamin B1: 0.31mg (20.73%), Manganese: 0.4mg (20.22%), Iron: 3.44mg (19.12%), Potassium: 632.86mg (18.08%), Vitamin E: 2.65mg (17.7%), Copper: 0.34mg (17.05%), Vitamin B5: 1.62mg (16.24%), Magnesium: 62.61mg (15.65%), Vitamin K: 15.89µg (15.13%), Folate: 60.3µg (15.07%), Fiber: 3.15g (12.59%), Vitamin C: 7.03mg (8.53%), Vitamin D: 0.24µg (1.58%)