



Calzones

READY IN



49 min.

SERVINGS



4

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup prosciutto cotto cubed (ham)
- ☐ 2 cups ricotta
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 teaspoon sugar
- ☐ 1 cup warm water
- ☐ 1.5 ounces cake yeast fresh

Equipment

- ☐ bowl
- ☐ oven
- ☐ wooden spoon
- ☐ pizza stone

Directions

- ☐ Combine the water, sugar, and yeast in a large bowl and stir until dissolved.
- ☐ Add salt and 1 cup of the flour and mix with a wooden spoon to make a loose batter.
- ☐ Add 2 more cups of the flour and stir with the spoon for 2 to 3 minutes to incorporate as much flour as possible.
- ☐ Bring the dough together by hand and turn out onto a floured board or marble surface. Knead for 6 to 8 minutes, until you have made a smooth, firm dough.
- ☐ Place the dough in a lightly oiled bowl and cover with a towel. Set aside to rise in the warmest part of the kitchen for 45 minutes.
- ☐ Cut the risen dough into 4 equal pieces and knead each portion into a round. Cover again and let rest 15 minutes.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Place a clean pizza stone in oven to preheat.
- ☐ Dust a clean work surface lightly with flour. With your fingers and palms, flatten one of the dough rounds into a 10-inch oval about 1/4-inch thick.
- ☐ In a separate bowl, mix together ricotta, mozzarella, and ham. Spoon 1/4 of mixture just above the center of one oval of dough. Fold the dough to form a half-moon and then press the edges to seal. Fold the edge up with your fingertips and pinch closed to form a ridge all the way around. Repeat with the remaining dough and filling.
- ☐ Place calzones on pizza stone and bake for 15 to 18 minutes, until golden brown.
- ☐ Serve hot.

Nutrition Facts



 PROTEIN **18.04%**  FAT **46.39%**  CARBS **35.57%**

Properties

Glycemic Index:49.77, Glycemic Load:53.64, Inflammation Score:-8, Nutrition Score:33.802173916736%

Nutrients (% of daily need)

Calories: 926.05kcal (46.3%), Fat: 47.56g (73.17%), Saturated Fat: 22.08g (138.03%), Carbohydrates: 82.06g (27.35%), Net Carbohydrates: 76.67g (27.88%), Sugar: 1.87g (2.08%), Cholesterol: 124.4mg (41.47%), Sodium: 1262.91mg (54.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.61g (83.23%), Vitamin B1: 2.09mg (139.54%), Folate: 437.17µg (109.29%), Selenium: 67.26µg (96.08%), Vitamin B2: 1.26mg (73.97%), Vitamin B3: 12.35mg (61.73%), Phosphorus: 549.18mg (54.92%), Calcium: 420.43mg (42.04%), Manganese: 0.7mg (34.82%), Iron: 5.42mg (30.13%), Zinc: 4.46mg (29.75%), Vitamin B5: 2.48mg (24.78%), Vitamin B12: 1.36µg (22.72%), Fiber: 5.39g (21.56%), Vitamin B6: 0.42mg (21.09%), Vitamin A: 762.96IU (15.26%), Potassium: 470.57mg (13.44%), Magnesium: 53.31mg (13.33%), Copper: 0.25mg (12.26%), Vitamin D: 0.6µg (3.98%), Vitamin E: 0.5mg (3.33%), Vitamin K: 2.33µg (2.22%)