



Calzones Stuffed with Broccoli Rabe and Sausage

READY IN



195 min.

SERVINGS



6

CALORIES



914 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch broccoli rabe
- ☐ 2 tablespoons yeast dry
- ☐ 2 eggs with 2 tablespoons water, for egg wash beaten
- ☐ 2 cups high-gluten flour
- ☐ 4 links sausage italian hot
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin plus more for bowl

- ☐ 6 servings olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 1.5 cups ricotta
- ☐ 1 cup semolina flour for dusting plus more
- ☐ 0.3 cup sesame seed
- ☐ 1 teaspoon sugar
- ☐ 6 servings serving suggestion: tomato sauce such as anne's marinara sauce, optional. all-purpose
- ☐ 1 cup warm water

Equipment

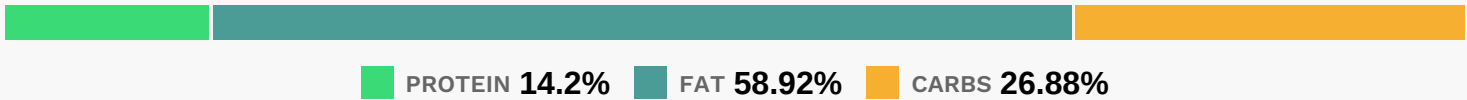
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Watch how to make this recipe.
- ☐ For the calzone dough: In a small bowl, combine the yeast and sugar and whisk together with the warm water.
- ☐ Let sit for 15 minutes; when the water looks frothy and smells very yeasty, it's ready.
- ☐ In the bowl of a standing mixer fitted with the dough hook attachment, add the flours and salt.
- ☐ Pour in the yeast-water mixture and the olive oil.
- ☐ Mix to combine on medium speed. When a dough ball has formed, continue to knead until the dough is tight and not at all sticky, 5 to 6 minutes.

- ☐ Lightly oil a mixing bowl, place the dough in the bowl and cover with a tea towel or plastic wrap.
- ☐ Place the bowl in a warm place to let rise until doubled in size, about 1 hour. Punch the dough down and let it rise again for 30 to 40 minutes. During the last rise, make the filling.
- ☐ For the broccoli rabe and sausage filling: Bring a pot of well-salted water to a boil and prepare a well-salted ice bath. Toss the broccoli rabe in the boiling water, swish around and then remove to the ice bath.
- ☐ Let cool and then coarsely chop.
- ☐ Coat a large saute pan with olive oil and bring to a medium heat.
- ☐ Add in the sausage and chop it up with the edge of large kitchen spoon. Cook until the sausage is brown and crumbled. Stir in the broccoli rabe and remove from the heat.
- ☐ Transfer to a large mixing bowl and stir in the ricotta and Parmesan. Taste to make sure it is delicious and set aside.
- ☐ Preheat the oven to 350 degrees F.
- ☐ To assemble: Once the dough is rested, divide the dough into nine 2-inch balls. (Save 3 of the balls for another purpose.) On a lightly floured work surface, roll the 6 dough balls into 8-inch circles that are about 1/4-inch thick.
- ☐ Place about 3/4 cup of the filling on the bottom half of a dough circle.
- ☐ Brush the bottom half edge of the circle with the egg wash. Fold the top half of the circle over to ALMOST meet the bottom edge of the dough. Fold the bottom edge of the dough over the top edge and crimp it shut.
- ☐ Brush the top of the dough with the egg wash and sprinkle with sesame seeds. Repeat this process with rest of the dough and filling.
- ☐ Place the filled calzones on sheet trays and bake for 30 minutes.
- ☐ Serve hot or at room temperature with tomato sauce if desired.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:13.94, Inflammation Score:-9, Nutrition Score:32.946956375371%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 913.75kcal (45.69%), Fat: 59.57g (91.65%), Saturated Fat: 17.99g (112.42%), Carbohydrates: 61.15g (20.38%), Net Carbohydrates: 54.78g (19.92%), Sugar: 5.39g (5.99%), Cholesterol: 91.2mg (30.4%), Sodium: 1843.51mg (80.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.61%), Vitamin K: 102.41µg (97.53%), Selenium: 56.85µg (81.21%), Vitamin B1: 0.95mg (63.16%), Vitamin E: 5.85mg (39.01%), Phosphorus: 379.36mg (37.94%), Vitamin A: 1827.05IU (36.54%), Vitamin B2: 0.62mg (36.3%), Folate: 144.5µg (36.12%), Vitamin B3: 6.67mg (33.36%), Manganese: 0.66mg (33.02%), Iron: 5.91mg (32.81%), Calcium: 317.02mg (31.7%), Copper: 0.55mg (27.63%), Vitamin B6: 0.54mg (26.86%), Fiber: 6.37g (25.5%), Zinc: 3.62mg (24.14%), Potassium: 789.92mg (22.57%), Vitamin C: 17.68mg (21.43%), Magnesium: 82.06mg (20.52%), Vitamin B12: 0.94µg (15.69%), Vitamin B5: 1.38mg (13.77%)