



HEALTH SCORE

51%

Calzones with Cheese, Sausage and Roasted Red Pepper

READY IN



45 min.

SERVINGS



4

CALORIES



1131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups flour ()
- ☐ 1 envelope yeast dry
- ☐ 2 tablespoons olive oil
- ☐ 4 teaspoons oregano dried
- ☐ 1 large bell pepper red
- ☐ 1.3 pounds onion red sliced
- ☐ 12 ounces ricotta cheese
- ☐ 1.5 teaspoons salt

- ☐ 4 ground sausage sweet italian
- ☐ 1.5 cups water (105°F to 115°F.)

Equipment

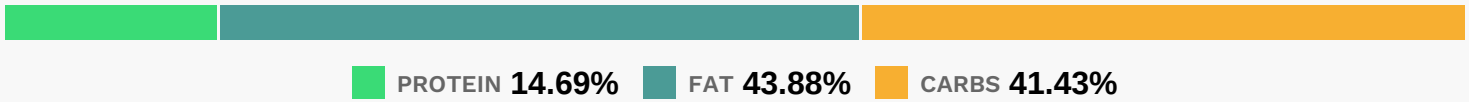
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ broiler
- ☐ spatula

Directions

- ☐ Pour 1 1/2 cups warm water into large bowl. Stir in yeast.
- ☐ Let stand until yeast dissolves, about 5 minutes.
- ☐ Mix in oil and salt.
- ☐ Add 3 3/4 cups flour, about 1/2 cup at a time, stirring until blended. Turn dough out onto floured surface. Knead until smooth and elastic, sprinkling with more flour if sticky, about 10 minutes.
- ☐ Place dough in oiled large bowl; turn to coat. Cover bowl with plastic wrap.
- ☐ Let dough rise in warm draft-free area until doubled, about 1 hour 15 minutes.
- ☐ Meanwhile, char bell pepper over gas flame or in broiler until blackened on all sides. Enclose in paper bag and let stand 10 minutes. Peel, seed and slice pepper.
- ☐ Heat olive oil in heavy large skillet over medium-high heat.
- ☐ Add red onions; sauté until brown, about 25 minutes. Set aside. Sauté sausage in heavy medium skillet over medium heat until cooked through, breaking into 1/2-inch pieces with spoon, about 15 minutes. Set aside.
- ☐ Mix both cheeses and oregano in bowl, season with salt and pepper.

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F. Dust 2 baking sheets with flour.
- ☐ Punch dough down. Knead on lightly floured surface until smooth, about 1 minute. Divide into 4 equal portions; shape each into ball.
- ☐ Roll out dough balls on lightly floured surface to 9-inch rounds.
- ☐ Spread 1/3 cup cheese mixture over half of each round, leaving 3/4-inch border. Cover cheese on each with 1/4 of onions, 1/3 cup cheese mixture, 1/4 of sausage, 1/3 cup cheese mixture, then 1/4 of bell peppers. Fold plain dough halves over filling, forming half circles. Pinch edges of dough firmly together to seal.
- ☐ Using spatula, transfer 2 calzones to each prepared sheet. Pierce tops in several places with small knife.
- ☐ Bake calzones 15 minutes. Reverse baking sheets and bake until tops of calzones are golden brown, about 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:73.38, Inflammation Score:-10, Nutrition Score:41.49695628104%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 28.87mg, Quercetin: 28.87mg, Quercetin: 28.87mg, Quercetin: 28.87mg

Nutrients (% of daily need)

Calories: 1130.73kcal (56.54%), Fat: 54.84g (84.37%), Saturated Fat: 20.97g (131.06%), Carbohydrates: 116.51g (38.84%), Net Carbohydrates: 108.55g (39.47%), Sugar: 8.38g (9.31%), Cholesterol: 128.49mg (42.83%), Sodium: 1777.99mg (77.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.3g (82.6%), Vitamin B1: 1.91mg (127.46%), Selenium: 83.46µg (119.23%), Folate: 339.4µg (84.85%), Vitamin C: 65.26mg (79.1%), Vitamin B2: 1.13mg (66.19%), Manganese: 1.26mg (62.94%), Vitamin B3: 12.47mg (62.35%), Phosphorus: 494.29mg (49.43%), Iron: 8.74mg (48.55%), Vitamin B6: 0.76mg (38.21%), Vitamin A: 1699.03IU (33.98%), Fiber: 7.97g (31.87%), Zinc: 4.41mg (29.42%), Calcium: 286.17mg (28.62%), Potassium: 842.03mg (24.06%), Vitamin B12: 1.31µg (21.83%), Magnesium: 78.88mg (19.72%), Vitamin K: 20.54µg (19.56%), Copper: 0.38mg (19.24%), Vitamin B5: 1.86mg (18.59%), Vitamin E:

2.22mg (14.79%), Vitamin D: 0.17µg (1.13%)