



## Calzones With Pasta Sauce

READY IN



50 min.

SERVINGS



4

CALORIES



1054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons pepper black
- 56 ounce tomatoes diced undrained canned
- 1 cup curd cottage cheese
- 1 tablespoon basil dried
- 1 large eggs
- 1 tablespoon parsley fresh chopped
- 4 garlic clove chopped
- 0.5 teaspoon garlic powder
- 2 tablespoons seasoning dried italian

- 4 slices monterrey jack cheese chopped
- 2 small onion chopped
- 3 tablespoons parmesan cheese grated
- 2 cups pasta sauce thawed
- 1 teaspoon pepper red dry crushed
- 3.5 ounce pepperoni chopped
- 20 ounce uncook pizza crust prepared
- 1 tablespoon salt
- 0.3 cup sugar
- 24 ounce canned tomatoes canned
- 0.3 cup vegetable oil
- 8 cups water

## Equipment

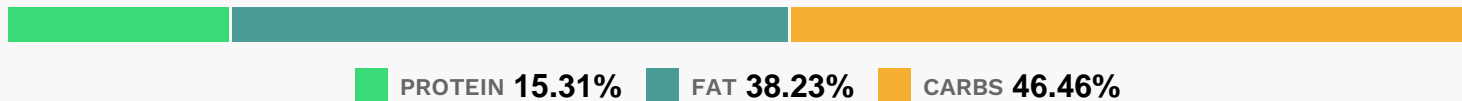
- baking sheet
- oven
- aluminum foil
- dutch oven

## Directions

- Stir together first 5 ingredients until blended. Stir in pepperoni and chopped cheese slices. Divide each pizza crust into 2 portions.
- Roll each dough portion into a 7-inch circle. Spoon 1/2 cup cottage cheese mixture in center of each circle. Fold dough over filling, pressing edges to seal; place on a lightly greased aluminum foil-lined baking sheet. Prick dough several times with a fork.
- Bake at 375 for 20 to 25 minutes or until golden.
- Let stand 5 minutes.
- Serve calzones with warm Pasta Sauce.\* Chopped cooked ham may be substituted for pepperoni slices. Pasta Sauce: Saut onion and garlic in hot oil in a Dutch oven over medium heat 10 minutes or until onion is tender. Stir in diced tomatoes and remaining ingredients.

Bring to a boil; reduce heat, and simmer, stirring often, 2 hours. Divide into recipe portions; and freeze remaining portions.

## Nutrition Facts



### Properties

Glycemic Index:91.52, Glycemic Load:16.1, Inflammation Score:-9, Nutrition Score:45.129565238953%

### Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

### Nutrients (% of daily need)

Calories: 1053.97kcal (52.7%), Fat: 46.24g (71.14%), Saturated Fat: 17.21g (107.54%), Carbohydrates: 126.45g (42.15%), Net Carbohydrates: 112.68g (40.97%), Sugar: 39.19g (43.55%), Cholesterol: 107.67mg (35.89%), Sodium: 4713.48mg (204.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.67g (83.34%), Vitamin K: 102.7µg (97.81%), Vitamin C: 66.06mg (80.08%), Iron: 14.13mg (78.5%), Calcium: 723.15mg (72.31%), Manganese: 1.37mg (68.54%), Vitamin E: 9.01mg (60.06%), Vitamin B6: 1.12mg (55.76%), Potassium: 1932.36mg (55.21%), Fiber: 13.77g (55.08%), Phosphorus: 484.82mg (48.48%), Copper: 0.94mg (47.12%), Vitamin B2: 0.76mg (44.9%), Vitamin A: 2038.15IU (40.76%), Vitamin B3: 7.76mg (38.79%), Magnesium: 141.22mg (35.31%), Selenium: 24.71µg (35.3%), Vitamin B1: 0.46mg (30.62%), Folate: 101.34µg (25.34%), Zinc: 3.6mg (24.03%), Vitamin B5: 2.29mg (22.86%), Vitamin B12: 0.94µg (15.71%), Vitamin D: 0.81µg (5.41%)