



Campbell's Spinach and Feta Mini-Calzones

 Vegetarian

READY IN

ready

95 min.

SERVINGS

servings

16

CALORIES

calories

196 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 0.5 cup feta cheese plain crumbled or flavored ()
- ☐ 10 ounce pkt spinach frozen thawed drained chopped well
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 17.3 ounce puff pastry sheets thawed pepperidge farm® (1 sheet)

Equipment

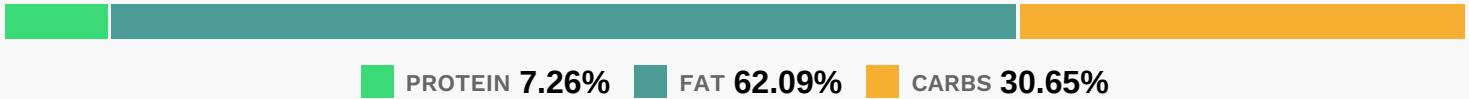
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oven to 400 degrees F.
- ☐ Heat the oil in a 10-inch skillet over medium heat.
- ☐ Add the onion and cook until tender.
- ☐ Add the spinach and cook for 3 minutes.
- ☐ Remove the skillet from the heat. Stir in the cheese and black pepper.
- ☐ Let the mixture cool to room temperature.
- ☐ Unfold the pastry sheet on a lightly floured surface.
- ☐ Roll the pastry sheet into a 12-inch square.
- ☐ Cut into 16 (3-inch) squares.
- ☐ Brush edges of the squares with water.
- ☐ Place about 1 tablespoon spinach mixture in the center of each square. Fold the pastry over the filling to form triangles. Press the edges to seal.
- ☐ Place the filled pastries onto a baking sheet.
- ☐ Bake for 15 minutes or until the pastries are golden brown.
- ☐ Remove the pastries from the baking sheet and let cool on wire racks for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:7.63, Inflammation Score:-8, Nutrition Score:9.6956521972366%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 196.02kcal (9.8%), Fat: 13.67g (21.03%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 14.13g (5.14%), Sugar: 0.53g (0.59%), Cholesterol: 4.17mg (1.39%), Sodium: 143.07mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin K: 71.53µg (68.12%), Vitamin A: 2098.01IU (41.96%), Manganese: 0.29mg (14.26%), Selenium: 9.21µg (13.15%), Folate: 51.94µg (12.98%), Vitamin B1: 0.15mg (9.86%), Vitamin B2: 0.17mg (9.84%), Vitamin B3: 1.42mg (7.1%), Iron: 1.17mg (6.48%), Vitamin E: 0.81mg (5.43%), Calcium: 50.18mg (5.02%), Magnesium: 19.57mg (4.89%), Phosphorus: 44.19mg (4.42%), Fiber: 1.06g (4.22%), Copper: 0.06mg (3.2%), Vitamin B6: 0.06mg (3.11%), Zinc: 0.4mg (2.7%), Potassium: 89.72mg (2.56%), Vitamin C: 1.3mg (1.57%), Vitamin B12: 0.08µg (1.32%)