



Cheeseburger Calzones

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb ground beef 80% lean (at least)
- 3 tablespoons catsup
- 1 teaspoon mustard yellow
- 1 teaspoon dehydrated onion dried minced
- 0.5 cup water boiling
- 4 oz processed cheese food shredded
- 12 slices dill pickle
- 1 eggs beaten

- 1 teaspoon sesame seed
- 2 cups frangelico

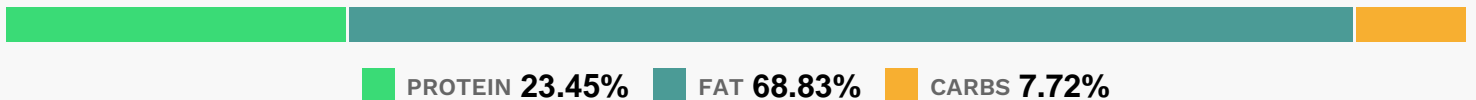
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 375°F. In 10-inch skillet, cook beef over medium-high heat 6 to 8 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in ketchup, mustard and onion.
- In small bowl, stir Bisquick mix and boiling water with fork until dough forms. Divide dough into fourths. On surface sprinkled with Bisquick mix, roll dough pieces in Bisquick mix to coat. Press each piece into 6-inch round, 1/4 inch thick.
- Spoon 1/4 cup beef mixture onto one side of each dough round to within 1/2 inch of edges. Top beef on each round with 1/4 cup cheese and 3 pickle slices. Fold dough in half, covering filling. Press edges with tines of fork to seal.
- On ungreased cookie sheet, place calzones.
- Brush with egg; sprinkle with sesame seed.
- Bake 15 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:10.640000006427%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 284.57kcal (14.23%), Fat: 21.72g (33.41%), Saturated Fat: 9.86g (61.6%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 5.19g (1.89%), Sugar: 3.6g (4%), Cholesterol: 109.53mg (36.51%), Sodium: 669.15mg (29.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.29%), Calcium: 325.64mg (32.56%), Phosphorus: 304.72mg (30.47%), Vitamin B12: 1.74µg (28.94%), Selenium: 18.35µg (26.21%), Zinc: 3.31mg (22.09%), Vitamin B2: 0.22mg (13.19%), Vitamin B3: 2.63mg (13.16%), Vitamin B6: 0.26mg (13.02%), Iron: 1.63mg (9.05%), Vitamin A: 391.66IU (7.83%), Potassium: 264.86mg (7.57%), Vitamin B5: 0.6mg (5.95%), Magnesium: 23.79mg (5.95%), Vitamin E: 0.75mg (5%), Copper: 0.1mg (4.85%), Folate: 15.28µg (3.82%), Manganese: 0.07mg (3.38%), Vitamin B1: 0.05mg (3.21%), Vitamin D: 0.45µg (2.98%), Vitamin K: 2.7µg (2.57%), Vitamin C: 1.45mg (1.76%), Fiber: 0.29g (1.16%)