



Cheesy Mexican Calzones

READY IN



20 min.

SERVINGS



6

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons southwest chipotle seasoning salt-free
- ☐ 2 large eggs
- ☐ 1 pound ground beef
- ☐ 15 oz ricotta cheese low-fat
- ☐ 1 medium onion halved sliced
- ☐ 27.6 oz pizza crust dough refrigerated canned
- ☐ 0.5 cup pizza sauce
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon salt

- ☐ 8 oz mexican four-cheese blend shredded
- ☐ 1 large bell pepper red yellow sliced

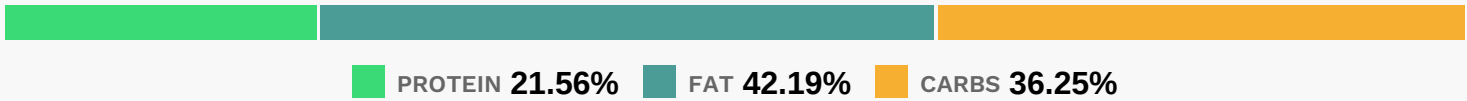
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Saut first 4 ingredients in a large nonstick skillet over medium-high heat 10 minutes or until meat crumbles and is no longer pink and vegetables are lightly browned.
- ☐ Remove from skillet, and drain well.
- ☐ Stir together ricotta cheese, eggs, and seasoning.
- ☐ Unroll 1 can of dough on a lightly greased baking sheet. Stretch dough into a 10- x 13-inch rectangle. Spoon 1/4 cup pizza sauce, 1 cup ricotta mixture, and half of ground beef mixture on half of rectangle, leaving a 1-inch border.
- ☐ Sprinkle with 1 cup cheese. Moisten edges with water; fold dough over, pressing and crimping edges to seal.
- ☐ Cut 3 (1-inch) slits on top of dough to allow steam to escape. Repeat procedure with remaining dough, pizza sauce, ricotta mixture, ground beef mixture, and cheese.
- ☐ Bake at 425 for 24 to 26 minutes or until golden.
- ☐ Serve with additional warm pizza sauce, if desired.
- ☐ *Marinara sauce may be substituted.
- ☐ Note: For testing purposes only, we used Mrs. Dash Southwest Chipotle Seasoning Blend.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:21.652608705604%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 794.53kcal (39.73%), Fat: 37.36g (57.47%), Saturated Fat: 17.3g (108.13%), Carbohydrates: 72.22g (24.07%), Net Carbohydrates: 68.61g (24.95%), Sugar: 12.16g (13.52%), Cholesterol: 173.56mg (57.85%), Sodium: 1919.69mg (83.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.96g (85.92%), Selenium: 34.21µg (48.86%), Calcium: 474.1mg (47.41%), Phosphorus: 465.64mg (46.56%), Vitamin C: 37.77mg (45.78%), Vitamin B12: 2.44µg (40.61%), Zinc: 5.61mg (37.39%), Iron: 6.17mg (34.28%), Vitamin A: 1555.83IU (31.12%), Vitamin B2: 0.48mg (28.28%), Vitamin B6: 0.43mg (21.56%), Vitamin B3: 3.8mg (18.99%), Fiber: 3.62g (14.47%), Potassium: 493.02mg (14.09%), Folate: 45.15µg (11.29%), Magnesium: 43.12mg (10.78%), Vitamin B5: 1.07mg (10.73%), Vitamin E: 1.36mg (9.06%), Copper: 0.13mg (6.37%), Vitamin B1: 0.09mg (6.06%), Manganese: 0.1mg (5.25%), Vitamin K: 4.84µg (4.61%), Vitamin D: 0.67µg (4.46%)