



Chicken and Basil Calzones

READY IN



40 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground chicken breast
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 13.8 ounce pizza crust dough refrigerated canned
- ☐ 0.8 cup pizza sauce prepared

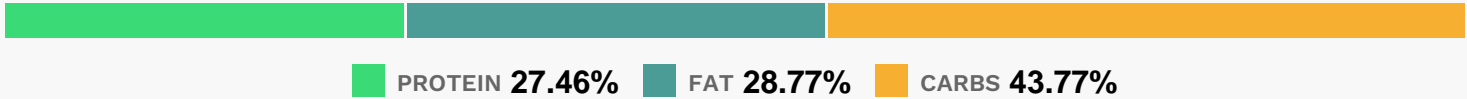
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add garlic and chicken to pan; saut 5 minutes or until chicken is no longer pink, stirring to crumble. Stir in pizza sauce and pepper. Reduce heat, and simmer 5 minutes, stirring occasionally.
- ☐ Remove from heat; stir in basil.
- ☐ Let stand 10 minutes.
- ☐ Unroll dough onto a baking sheet coated with cooking spray; cut dough into quarters. Pat each portion into an 8 x 6inch rectangle. Divide chicken mixture evenly among rectangles; top each serving with 2 tablespoons cheese. Working with one rectangle at a time, fold dough in half over filling, pinching edges to seal. Repeat procedure with remaining rectangles.
- ☐ Bake at 425 for 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:13.259130577678%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 452.72kcal (22.64%), Fat: 14.65g (22.53%), Saturated Fat: 4.82g (30.12%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 47.87g (17.41%), Sugar: 7.89g (8.76%), Cholesterol: 106.59mg (35.53%), Sodium: 1083.03mg (47.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.91%), Vitamin B3: 6.83mg (34.15%), Vitamin B6: 0.66mg (32.95%), Phosphorus: 283.39mg (28.34%), Iron: 4.14mg (22.99%), Potassium: 753.16mg (21.52%), Vitamin B2: 0.35mg (20.59%), Selenium: 14.13µg (20.18%), Zinc: 2.19mg (14.63%), Vitamin B5: 1.4mg

(14.05%), Calcium: 129.86mg (12.99%), Vitamin B12: 0.75µg (12.52%), Vitamin B1: 0.14mg (9.4%), Fiber: 2.26g (9.02%), Magnesium: 35.49mg (8.87%), Vitamin K: 8.8µg (8.38%), Vitamin A: 383.41IU (7.67%), Copper: 0.14mg (7.08%), Vitamin E: 1.05mg (6.99%), Manganese: 0.11mg (5.66%), Vitamin C: 3.95mg (4.79%), Folate: 7.64µg (1.91%)