



Chicken and Two-Pepper Calzones

READY IN



30 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bell pepper chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tbsp olive oil
- ☐ 0.3 cup onion chopped
- ☐ 1 tablespoon oregano leaves fresh
- ☐ 1 pound pizza dough
- ☐ 0.3 cup roasted peppers red chopped
- ☐ 1 cup coarsely unseasoned rotisserie chicken shredded
- ☐ 0.5 cup mozzarella cheese shredded

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0.5 cup tomato sauce

Equipment

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baking sheet

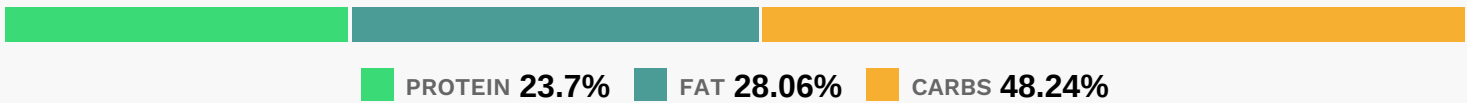
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oven

Directions

- ☐ Preheat oven to 45
- ☐ Divide dough into 4 pieces and set on a baking sheet rubbed with olive oil. Stretch each into a 6- to 7-in. circle. Divide remaining ingredients evenly among dough circles. Fold each circle over to form a half-moon and seal edges.
- ☐ Bake until golden brown, about 15 minutes.
- ☐ Serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:6.8439129901969%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 479.39kcal (23.97%), Fat: 15.19g (23.36%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 58.73g (19.58%), Net Carbohydrates: 55.57g (20.21%), Sugar: 9.14g (10.16%), Cholesterol: 67.84mg (22.61%), Sodium: 1669.68mg (72.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.71%), Vitamin C: 18.9mg (22.91%), Iron: 4.03mg (22.39%), Fiber: 3.16g (12.65%), Vitamin A: 585.78IU (11.72%), Vitamin K: 11.55µg (11%), Calcium: 101.7mg (10.17%), Vitamin E: 1.35mg (8.99%), Manganese: 0.14mg (6.87%), Phosphorus: 66.75mg (6.68%), Vitamin B12: 0.32µg (5.32%), Vitamin B6: 0.1mg (5.15%), Potassium: 164.47mg (4.7%), Vitamin B2: 0.08mg (4.67%), Selenium: 2.71µg (3.87%), Zinc: 0.57mg (3.78%), Folate: 14.28µg (3.57%), Magnesium: 13.86mg (3.46%), Copper: 0.06mg (3.09%), Vitamin B3: 0.53mg (2.63%), Vitamin B1: 0.03mg (1.71%), Vitamin B5: 0.17mg (1.71%)