



Chicken Sausage Calzones for Two

READY IN



30 min.

SERVINGS



2

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bell pepper green
- 4 biscuits frozen buttermilk or southern style pillsbury® (from 25-oz bag)
- 0.3 cup tomato sauce
- 2 servings tomato sauce warmed
- 1 oz mozzarella cheese shredded
- 3 oz turkey sausage smoked fully cooked sliced

Equipment

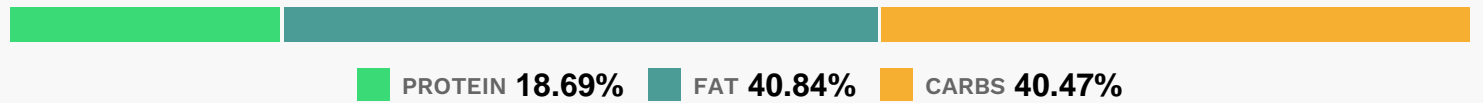
- baking sheet

- oven
- microwave

Directions

- Heat oven to 375°F. Spray cookie sheet with cooking spray.
- Place frozen biscuits on microwavable plate. Microwave uncovered on High 20 seconds; turn over, and microwave 15 to 20 seconds longer or until biscuits are softened.
- Place biscuits on cookie sheet; press each into 5-inch round.
- Spread 1 tablespoon pizza sauce on center of each to within 1/4 inch of edge. Top half of each with sausage, bell pepper and 1 tablespoon cheese. Carefully fold dough over filling; press edges firmly with fork to seal.
- Bake 14 to 17 minutes or until golden brown.
- Serve with additional pizza sauce.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:19.33, Inflammation Score:-7, Nutrition Score:17.40043484128%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 346.01kcal (17.3%), Fat: 16.01g (24.62%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 32.38g (11.77%), Sugar: 7.92g (8.8%), Cholesterol: 43.63mg (14.54%), Sodium: 1576.1mg (68.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Phosphorus: 402.72mg (40.27%), Vitamin C: 26.67mg (32.33%), Vitamin B3: 5.39mg (26.94%), Vitamin B2: 0.4mg (23.65%), Iron: 3.88mg (21.53%), Vitamin B1: 0.31mg (21%), Potassium: 730.52mg (20.87%), Manganese: 0.41mg (20.57%), Vitamin E: 3.07mg (20.46%), Vitamin B6: 0.41mg (20.28%), Selenium: 13.48µg (19.26%), Vitamin A: 860.74IU (17.21%), Vitamin B12: 0.95µg (15.86%), Zinc: 2.34mg (15.57%), Folate: 56.56µg (14.14%), Copper: 0.27mg (13.57%), Fiber: 3.32g (13.26%), Calcium: 129.42mg (12.94%), Magnesium: 44.93mg (11.23%), Vitamin B5: 1.11mg (11.07%), Vitamin K: 8.21µg (7.82%)