



WHATSheATE



Dandelion Green and Shiitake Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound young dandelion greens
- ☐ 0.5 pound imported fontina cheese shredded
- ☐ 2 large garlic cloves thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 1 pound pizza dough divided store-bought
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 pound mushroom caps sliced
- ☐ 2 tablespoons water

☐ 1 inch thick

Equipment

☐ frying pan

☐ baking sheet

☐ oven

☐ toothpicks

☐ pizza stone

Directions

☐ Set a 16-by-14-inch pizza stone or baking tiles on the bottom shelf of the oven and preheat to 500 for at least 30 minutes. Meanwhile, in a large skillet, heat 2 tablespoons of the oil.

☐ Add the shiitakes and cook over moderately high heat, stirring occasionally, until beginning to brown, about 4 minutes.

☐ Add the garlic and cook, stirring often, until lightly browned, about 3 minutes.

☐ Transfer the mushrooms and garlic to a plate.

☐ In the same skillet, heat 1 tablespoon of oil.

☐ Add the dandelion greens and 1 tablespoon of the water and cook, stirring, until wilted, about 4 minutes. Return the mushrooms and garlic to the skillet, add the remaining 1 tablespoon of water and cook until the liquid is absorbed and the greens are al dente. Season with salt and pepper and transfer to a plate.

☐ On a lightly floured surface, roll or stretch the dough to form two 10-inch rounds. Assemble 1 calzone at a time: transfer 1 dough round to a well-floured rimless cookie sheet.

☐ Sprinkle one-quarter of the Fontina on half of the dough, leaving a 1-inch border. Top with half of the dandelion mixture and another quarter of the Fontina. Fold the dough over to enclose the filling and press the edges together; crimp to seal. Using a toothpick, poke a hole in the top.

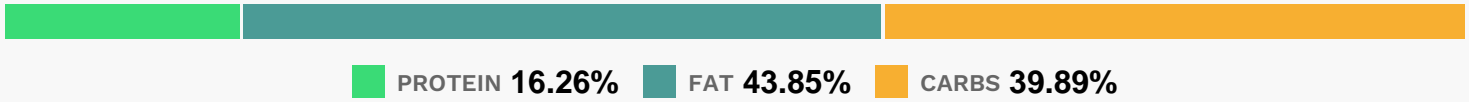
☐ Brush the calzone with olive oil and sprinkle with 1 tablespoon of the Parmesan. Repeat with the remaining ingredients on a second rimless cookie sheet.

☐ Jiggle the cookie sheets to release the calzones and slide them onto the pizza stone.

☐ Bake for about 11 minutes, or until the calzones are crisp and the filling is bubbling through the holes.

- ☐
- Transfer to a rack.
- ☐
- Cut them in half and serve hot.
- ☐
- Make Ahead: The dandelion mixture can be cooked up to 1 day ahead and refrigerated.
- ☐
- Wine Recommendation: A straightforward, medium-bodied Bordeaux, such as the 1995 Michel Lynch Merlot, or a deeper Mdoc, such as the 1994 Chteau de Pez, would offer a pleasantly astringent contrast.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:28.416521974232%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 665.77kcal (33.29%), Fat: 33.29g (51.21%), Saturated Fat: 13.79g (86.19%), Carbohydrates: 68.13g (22.71%), Net Carbohydrates: 61.72g (22.44%), Sugar: 9.41g (10.45%), Cholesterol: 67.95mg (22.65%), Sodium: 1600.57mg (69.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.56%), Vitamin K: 890.1µg (847.71%), Vitamin A: 12061.8IU (241.24%), Calcium: 549.73mg (54.97%), Vitamin C: 40.16mg (48.68%), Iron: 6.92mg (38.45%), Vitamin E: 5.58mg (37.2%), Phosphorus: 320.92mg (32.09%), Vitamin B2: 0.48mg (28.37%), Fiber: 6.41g (25.64%), Manganese: 0.49mg (24.43%), Vitamin B6: 0.44mg (21.77%), Zinc: 2.87mg (19.12%), Potassium: 583.42mg (16.67%), Vitamin B12: 0.99µg (16.44%), Selenium: 11.49µg (16.42%), Vitamin B1: 0.24mg (15.69%), Magnesium: 55.76mg (13.94%), Copper: 0.26mg (12.76%), Vitamin B3: 2.11mg (10.55%), Folate: 37.9µg (9.47%), Vitamin B5: 0.78mg (7.81%), Vitamin D: 0.47µg (3.11%)