



## Dinner Calzones

READY IN



15 min.

SERVINGS



4

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound dough
- ☐ 2.5 cup mozzarella cheese grated
- ☐ 1 cup sausage italian pitted cooked sliced ()
- ☐ 0.5 cup tomato sauce

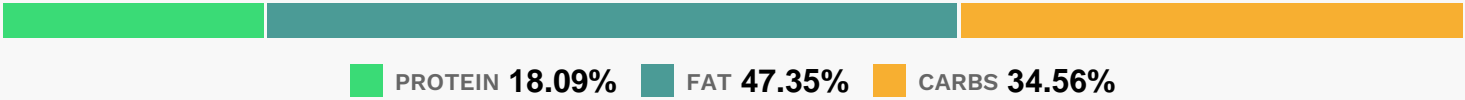
## Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 400 F.
- ☐ Roll the dough into a 10-by-14-inch shape. Leaving a 1-inch border, cover half the dough, lengthwise, with the tomato sauce and 1 cup of any 2 of the following: sliced (cooked) Italian sausage, pitted olives, sauted mushrooms, sauted bell pepper, sauted spinach.
- ☐ Sprinkle with 1 1/2 cups grated mozzarella.
- ☐ Brush the edge of the dough with water. Fold the 2 sides together, pinch the edge to seal, and roll the edge slightly. Prick the top several times with a fork.
- ☐ Transfer to a cornmeal-dusted baking sheet.
- ☐ Let rest 10 minutes.
- ☐ Sprinkle with another cup of mozzarella.
- ☐ Bake 20 to 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:22.79, Inflammation Score:-6, Nutrition Score:22.206521759862%

## Nutrients (% of daily need)

Calories: 736.22kcal (36.81%), Fat: 38.23g (58.82%), Saturated Fat: 16.09g (100.55%), Carbohydrates: 62.81g (20.94%), Net Carbohydrates: 60.19g (21.89%), Sugar: 2.02g (2.24%), Cholesterol: 97.89mg (32.63%), Sodium: 1507.95mg (65.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.86g (65.73%), Selenium: 38.51µg (55.01%), Vitamin B1: 0.8mg (53.63%), Phosphorus: 420.97mg (42.1%), Vitamin B2: 0.68mg (39.81%), Vitamin B3: 7.78mg (38.88%), Calcium: 375.58mg (37.56%), Vitamin B12: 2.1µg (34.98%), Manganese: 0.6mg (29.83%), Iron: 4.9mg (27.21%), Folate: 108.04µg (27.01%), Zinc: 3.95mg (26.34%), Vitamin B6: 0.27mg (13.55%), Vitamin A: 650.17IU (13%), Magnesium: 43.88mg (10.97%), Potassium: 374.76mg (10.71%), Fiber: 2.61g (10.46%), Copper: 0.2mg (9.82%), Vitamin B5: 0.93mg (9.33%), Vitamin D: 1.05µg (6.99%), Vitamin K: 5.54µg (5.28%), Vitamin E: 0.78mg (5.18%), Vitamin C: 2.56mg (3.1%)