



Double-Cheese and Prosciutto Calzone

READY IN



40 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 teaspoons thyme sprigs fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 3.5 ounces goat cheese fresh crumbled soft
- ☐ 8 ounces mozzarella cheese grated
- ☐ 4 servings olive oil extra virgin extra-virgin
- ☐ 2 ounces pancetta chopped
- ☐ 13.8 ounce pizza dough refrigerated

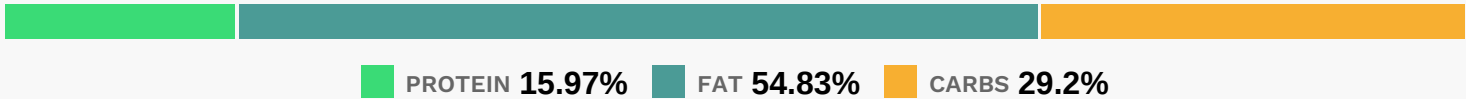
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position rack in middle of oven; preheat to 425°F. Toss first 5 ingredients in medium bowl. Season with pepper. Unroll dough into rectangle on rimmed baking sheet. Mound filling crosswise on lower half of dough, leaving 1-inch border on sides. Fold upper half of dough over. Crimp edges to seal; fold corners under to form half-circle.
- ☐ Bake until puffed and brown, about 18 minutes.
- ☐ Brush with oil.
- ☐ Transfer to platter and cut into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:10.756521675898%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 661.44kcal (33.07%), Fat: 40.58g (62.44%), Saturated Fat: 15.65g (97.8%), Carbohydrates: 48.63g (16.21%), Net Carbohydrates: 46.97g (17.08%), Sugar: 6.88g (7.64%), Cholesterol: 65.56mg (21.85%), Sodium: 1248.28mg (54.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.6g (53.2%), Calcium: 328.33mg (32.83%), Phosphorus: 287.1mg (28.71%), Vitamin B12: 1.41µg (23.51%), Iron: 3.73mg (20.72%), Selenium: 13.29µg (18.98%), Vitamin B2: 0.27mg (16.05%), Vitamin E: 2.23mg (14.87%), Vitamin A: 704.23IU (14.08%), Zinc: 2.08mg (13.88%), Copper: 0.2mg (10.15%), Vitamin K: 10.19µg (9.71%), Vitamin B6: 0.13mg (6.72%), Fiber: 1.66g (6.63%), Vitamin B1: 0.08mg (5.04%), Magnesium: 19.2mg (4.8%), Manganese: 0.08mg (3.87%), Vitamin B3: 0.76mg (3.82%), Vitamin B5: 0.34mg (3.37%), Vitamin C: 2.24mg (2.71%), Vitamin D: 0.38µg (2.55%), Potassium: 88.37mg (2.52%), Folate: 7.53µg (1.88%)