



Easy Calzones

READY IN



30 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 ounce loaf refrigerated french canned
- 3 garlic cloves minced
- 0.8 pound ground round
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 4 ounce mozzarella cheese
- 0.3 cup onion chopped
- 14 ounce chunky spaghetti sauce divided

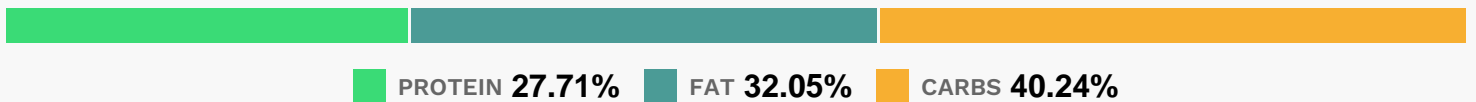
Equipment

- frying pan
- baking sheet
- oven

Directions

- Cook ground round, onion, and garlic in a large skillet over medium heat until ground beef crumbles and is no longer pink; drain well. Return to skillet; stir in 1/2 cup spaghetti sauce and Italian seasoning.
- Unroll French loaf; roll into a 16-inch square.
- Cut into 4 squares; spoon 1/2 cup ground round mixture into center of each square. Top each with a slice of mozzarella cheese. Fold over to form a triangle, pressing edges to seal.
- Place on a lightly greased baking sheet.
- Bake at 400 for 12 to 15 minutes or until browned.
- Serve with remaining spaghetti sauce.
- Prep: 15 min.,
- Bake: 15 min
- NOTE: For testing purposes only, we used Ragu Mushroom & Green Pepper Chunky Garden style pasta sauce for spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:33.48, Inflammation Score:-7, Nutrition Score:24.601738945298%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 478.62kcal (23.93%), Fat: 17.06g (26.24%), Saturated Fat: 7.64g (47.77%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 44.68g (16.25%), Sugar: 7.88g (8.76%), Cholesterol: 77.68mg (25.89%), Sodium: 1174.37mg

(51.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.36%), Selenium: 42.21µg (60.3%), Vitamin B3: 9.12mg (45.62%), Vitamin B12: 2.53µg (42.1%), Vitamin B1: 0.63mg (42.07%), Zinc: 5.98mg (39.87%), Phosphorus: 372.21mg (37.22%), Vitamin B2: 0.62mg (36.28%), Iron: 6.18mg (34.34%), Manganese: 0.59mg (29.73%), Folate: 114.47µg (28.62%), Vitamin B6: 0.55mg (27.37%), Calcium: 218.17mg (21.82%), Potassium: 707.23mg (20.21%), Magnesium: 64.75mg (16.19%), Copper: 0.31mg (15.46%), Fiber: 3.53g (14.11%), Vitamin E: 1.97mg (13.12%), Vitamin A: 625.93IU (12.52%), Vitamin B5: 1.14mg (11.41%), Vitamin C: 8.39mg (10.17%), Vitamin K: 6.29µg (5.99%), Vitamin D: 0.2µg (1.32%)