



Easy Calzones

READY IN



220 min.

SERVINGS



8

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings bell pepper black
- 1 pound breakfast italian
- 1 tablespoon butter
- 45 ounce tomatoes crushed canned
- 16 un-risen dinner rolls whole frozen canned (I use Rhodes, can also use bread loaves)
- 2 eggs plus 1 egg whole beaten
- 8 servings basil leaves fresh
- 2 tablespoons parsley fresh chopped
- 8 servings parsley leaves fresh

- 8 servings salt and ground pepper
- 0.5 teaspoon penzey's southwest seasoning italian
- 1.5 cups mozzarella cheese grated
- 8 servings olive oil
- 1 medium onion diced whole
- 1 onion whole small to medium chopped
- 0.5 cup parmesan grated
- 0.3 teaspoon pepper flakes red
- 0.5 teaspoon salt
- 15 ounces milk ricotta whole
- 1 pinch sugar
- 0.5 cup white wine (or chicken broth)
- 3 cloves garlic whole minced

Equipment

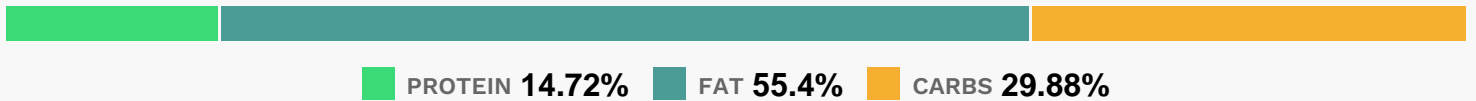
- bowl
- frying pan
- baking sheet
- oven
- whisk
- kitchen towels

Directions

- Watch how to make this recipe.
- Place the frozen rolls (or frozen bread loaves) on a baking sheet to thaw. Cover with a tea towel and let thaw and rise for 2 to 3 hours.
- Preheat the oven to 400 degrees F.
- Melt the butter in a large skillet over medium-high heat.
- Add the onions and allow to cook for a couple of minutes.

- Add the sausage and cook until brown, crumbling the sausage as you stir.
- Add the Italian seasoning and red pepper flakes.
- Remove from the skillet and allow to cool on a plate.
- In a separate bowl, combine the ricotta, mozzarella, Parmesan, salt, some pepper, parsley and 2 eggs.
- When the sausage is cool, stir it into the cheese mixture and set aside.
- When the rolls are thawed and risen, roll them out on a lightly floured surface until paper thin. Spoon 3 to 4 tablespoons of the filling onto half of the dough circle. Fold half of the dough over itself, and then press the edges to seal.
- Brush the surface of each calzone with the beaten egg, and then bake until nice and golden brown, 10 to 13 minutes.
- Serve with warm Marinara Sauce.
- Add a tablespoon or so of olive oil into a hot pan over medium-high heat and throw in the garlic and chopped onions and give them a stir.
- Now add the wine (or chicken broth), whisking to deglaze the bottom of the skillet. Cook until the liquid reduces by half.
- Add the crushed tomatoes and stir to combine.
- Add salt and pepper to taste and a pinch of sugar. Reduce the heat to low and simmer for 30 minutes.
- Toward the end of the cooking process, chop up your fresh parsley and basil and add it to the sauce to taste, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:70.64, Glycemic Load:5.34, Inflammation Score:-9, Nutrition Score:35.715217548868%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 770.73kcal (38.54%), Fat: 48.24g (74.22%), Saturated Fat: 15.72g (98.27%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 51.41g (18.69%), Sugar: 12.71g (14.12%), Cholesterol: 115.29mg (38.43%), Sodium: 1559.85mg (67.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.69%), Vitamin K: 111.71µg (106.39%), Selenium: 53.18µg (75.96%), Manganese: 1.34mg (67.12%), Vitamin B1: 0.88mg (58.71%), Calcium: 490.5mg (49.05%), Phosphorus: 429.58mg (42.96%), Vitamin B3: 7.57mg (37.83%), Vitamin B2: 0.64mg (37.81%), Iron: 6.75mg (37.49%), Vitamin E: 4.67mg (31.13%), Vitamin C: 25.2mg (30.55%), Vitamin B6: 0.6mg (29.85%), Fiber: 7.1g (28.45%), Potassium: 913.16mg (26.09%), Copper: 0.51mg (25.73%), Vitamin A: 1272.27IU (25.45%), Folate: 98.56µg (24.64%), Vitamin B12: 1.46µg (24.34%), Zinc: 3.51mg (23.43%), Magnesium: 93.21mg (23.3%), Vitamin B5: 1.54mg (15.43%), Vitamin D: 0.92µg (6.13%)