



Easy Chicken Calzones

READY IN



60 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.8 oz pizza dough refrigerated canned
- 0.3 cup part-skim ricotta
- 0.5 teaspoon herbs de provence
- 1 cup roasted chicken cooked chopped
- 4 oz pizza cheese shredded italian

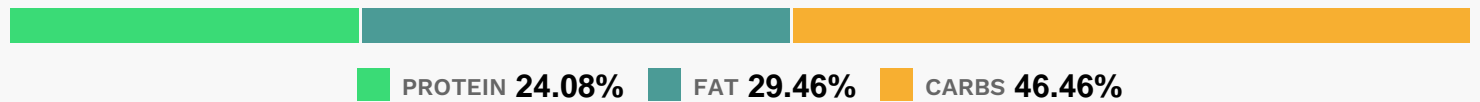
Equipment

- oven

Directions

- Place baking stone in oven.
- Heat oven to 425°F.
- Let stone heat in oven 30 minutes.
- On pizza peel sprinkled with cornmeal, unroll dough.
- Spread ricotta cheese evenly over dough to about 1/2 inch from edge.
- Sprinkle with herbs de Provence.
- Sprinkle chicken over half of dough; top chicken with cheese blend.
- Fold dough in half over filling to form pocket; press edges to seal. Slide calzone onto heated baking stone.
- Bake 18 to 20 minutes or until golden brown. Cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.8660869828385%

Nutrients (% of daily need)

Calories: 411.79kcal (20.59%), Fat: 13.68g (21.04%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 47.01g (17.09%), Sugar: 6.11g (6.79%), Cholesterol: 36.72mg (12.24%), Sodium: 806.69mg (35.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Iron: 3.29mg (18.26%), Selenium: 11.2µg (16.01%), Vitamin B3: 2.78mg (13.88%), Calcium: 105.42mg (10.54%), Phosphorus: 95.82mg (9.58%), Vitamin B6: 0.15mg (7.36%), Fiber: 1.51g (6.05%), Zinc: 0.75mg (4.98%), Vitamin B2: 0.08mg (4.74%), Vitamin B5: 0.38mg (3.78%), Potassium: 100.54mg (2.87%), Magnesium: 9.95mg (2.49%), Vitamin B12: 0.15µg (2.44%), Vitamin K: 2.25µg (2.14%), Vitamin B1: 0.03mg (1.71%), Vitamin A: 78.62IU (1.57%), Copper: 0.03mg (1.31%), Folate: 4.11µg (1.03%)