



Grilled Pepper, Onion, and Sausage Calzones

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 ounces part-skim mozzarella cheese shredded
- 1 serving pizza dough homemade
- 1.8 cups tomato sauce york-style divided
- 1 bell pepper red quartered
- 1 pound turkey sausage italian hot
- 1 onion sweet cut into 1/2-inch-thick slices (14 ounces)
- 1 bell pepper yellow quartered

Equipment

- baking sheet
- oven
- grill

Directions

- Remove Homemade Pizza Dough from refrigerator; let stand at room temperature 1 hour.
- Prepare grill to medium-high heat.
- Coat onion slices and bell pepper pieces with cooking spray.
- Place vegetables and sausages on a grill rack coated with cooking spray. Grill vegetables 4 minutes on each side or until browned; grill sausages 8 minutes or until done, turning occasionally to brown on all sides.
- Remove vegetables and sausages from grill; cool slightly.
- Cut onion slices in half; cut bell pepper pieces into 1/2-inch strips.
- Cut sausages diagonally into thin slices.
- Preheat oven to 500
- Place dough on a lightly floured surface; divide dough into 4 equal portions.
- Roll each portion into a 9 x 5-inch rectangle.
- Spread 1/4 cup New York-Style Pizza Sauce evenly over each rectangle, leaving a 1/4-inch border. Arrange sausage evenly over half of each rectangle; top evenly with onion and bell peppers.
- Sprinkle each calzone with 1/3 cup cheese. Fold other half of dough over filling; press edges together with a fork to seal.
- Place calzones on a baking sheet coated with cooking spray. Coat calzones with cooking spray.
- Bake at 500 for 15 minutes or until golden brown.
- Remove from oven; let stand 5 minutes.
- Cut each calzone in half; serve with remaining New York-Style Pizza Sauce.

Nutrition Facts



■ PROTEIN 30.78% ■ FAT 39.11% ■ CARBS 30.11%

Properties

Glycemic Index:9.63, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:14.862608737272%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 186.1kcal (9.31%), Fat: 8.27g (12.73%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 12.09g (4.4%), Sugar: 7.07g (7.85%), Cholesterol: 41.39mg (13.8%), Sodium: 945.59mg (41.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin C: 69.31mg (84.01%), Iron: 6.43mg (35.72%), Selenium: 15.73µg (22.47%), Phosphorus: 220.01mg (22%), Vitamin B6: 0.4mg (20.15%), Vitamin A: 894.83IU (17.9%), Calcium: 168.92mg (16.89%), Vitamin B3: 2.97mg (14.83%), Zinc: 1.93mg (12.87%), Vitamin B2: 0.21mg (12.43%), Potassium: 397.91mg (11.37%), Fiber: 2.24g (8.96%), Copper: 0.17mg (8.53%), Magnesium: 33.58mg (8.4%), Manganese: 0.16mg (8.1%), Folate: 31.18µg (7.8%), Vitamin B5: 0.74mg (7.44%), Vitamin E: 1.04mg (6.93%), Vitamin B12: 0.39µg (6.48%), Vitamin B1: 0.09mg (5.7%), Vitamin K: 2.64µg (2.51%)