



Ham and Cheese Turnovers

READY IN



45 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces deli ham thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pound pizza dough refrigerated
- ☐ 1 small head the of 1 cos lettuce
- ☐ 4 ounces swiss cheese thinly sliced
- ☐ 2 teaspoons whole-grain mustard
- ☐ 0.5 onion yellow cut into thin rings

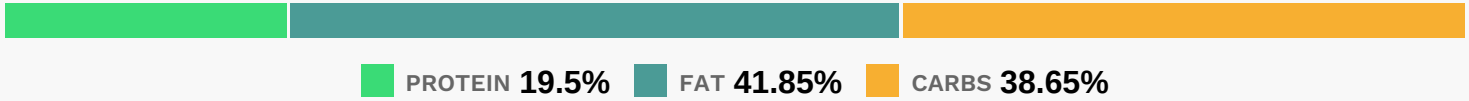
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 F.
- ☐ Roll the pizza dough into a 14-inch circle and cut into 8 triangles. Stack a piece of the ham, cheese, and onion on the bottom of each triangle and roll the dough up around the filling. (Some of the filling will stick out the ends.)
- ☐ Transfer the rolls to a parchment-lined baking sheet.
- ☐ Bake until golden and crisp, about 20 minutes.
- ☐ Combine the mustard and oil in a medium bowl and toss with the romaine.
- ☐ Serve with the turnovers. Make Ahead: These turnovers can be assembled, wrapped tightly, and then refrigerated up to 12 hours in advance. Once cooked, they will last for up to 5 days in the refrigerator if sealed tightly in bags or containers. Reheat in a 350 F oven until warm.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:26.287391268689%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 623.66kcal (31.18%), Fat: 29.38g (45.2%), Saturated Fat: 10.46g (65.39%), Carbohydrates: 61.06g (20.35%), Net Carbohydrates: 55.74g (20.27%), Sugar: 9.51g (10.57%), Cholesterol: 61.52mg (20.51%), Sodium: 1586.04mg (68.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.8g (61.6%), Vitamin A: 13868.5IU (277.37%), Vitamin K: 165.12µg (157.25%), Folate: 219.88µg (54.97%), Phosphorus: 337.7mg (33.77%), Selenium: 22.95µg (32.78%), Calcium: 312.73mg (31.27%), Vitamin B1: 0.47mg (31.17%), Iron: 5.22mg (28.99%), Fiber: 5.33g

(21.31%), Vitamin B12: 1.22µg (20.32%), Zinc: 2.95mg (19.69%), Vitamin B2: 0.32mg (18.91%), Vitamin B6: 0.37mg (18.47%), Potassium: 592.74mg (16.94%), Vitamin B3: 3.07mg (15.33%), Manganese: 0.28mg (14%), Magnesium: 44.61mg (11.15%), Vitamin E: 1.6mg (10.65%), Vitamin C: 7.29mg (8.83%), Copper: 0.14mg (7.14%), Vitamin B5: 0.63mg (6.27%), Vitamin D: 0.4µg (2.65%)