



Ham, Spinach, and Sun-Dried Tomato Calzones

READY IN



45 min.

SERVINGS



5

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon fennel seed crushed
- ☐ 3 ounces ham lean chopped
- ☐ 1 ounce parmesan cheese grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 1 cup part-skim ricotta
- ☐ 13.8 ounce pizza crust dough refrigerated canned

- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 6 oil-packed sun-dried tomato halves drained chopped

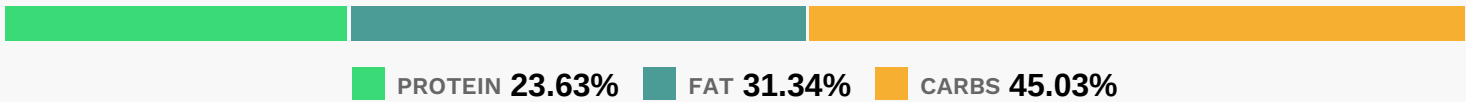
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 9 ingredients.
- ☐ Divide dough evenly into 5 pieces; pat each dough piece into a 5-inch circle. Spoon about 1/2 cup spinach mixture onto half of each circle, leaving a 1/2-inch border. Fold dough over filling until edges almost meet. Bring bottom edge over top edge; crimp edges of dough with fingers to form a rim.
- ☐ Place calzones on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 14 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:22.232173904129%

Nutrients (% of daily need)

Calories: 393.38kcal (19.67%), Fat: 13.93g (21.43%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 41.74g (15.18%), Sugar: 6.48g (7.2%), Cholesterol: 41.74mg (13.91%), Sodium: 1079mg (46.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.63g (47.27%), Vitamin K: 216.26µg (205.96%), Vitamin A: 6993.14IU (139.86%), Calcium: 402.34mg (40.23%), Selenium: 20.12µg (28.75%), Phosphorus: 279.88mg (27.99%), Manganese: 0.5mg (25.14%), Folate: 93.31µg (23.33%), Iron: 4.06mg (22.54%), Vitamin B2: 0.34mg (20.15%), Magnesium: 66.11mg (16.53%), Zinc: 2.16mg (14.42%), Fiber: 3.29g (13.17%), Vitamin B1: 0.18mg (12.29%), Potassium: 423.84mg (12.11%), Vitamin E: 1.82mg (12.1%), Vitamin B6: 0.2mg (10.02%), Copper: 0.16mg (8.04%), Vitamin B12: 0.47µg (7.81%), Vitamin B3: 1.35mg (6.74%), Vitamin C: 4.1mg (4.97%), Vitamin B5: 0.34mg (3.36%), Vitamin D: 0.25µg (1.65%)