



Hawaiian Calzones

READY IN



37 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 ounce bread dough refrigerated french canned
- 1 cup 6%-fat-free ham diced
- 0.3 cup mushrooms fresh chopped
- 2 tablespoons parmesan cheese grated
- 1 ounce part-skim mozzarella cheese shredded
- 0.5 cup pineapple tidbits in juice canned drained
- 0.5 cup bell pepper red chopped
- 0.5 cup tomato-basil pasta sauce

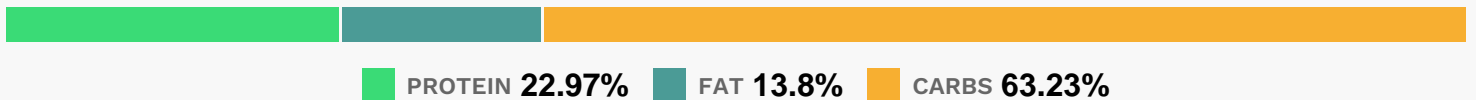
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 35
- Combine first 4 ingredients in a small bowl.
- Unroll dough on a lightly floured surface.
- Cut into 4 (6 1/2-inch) squares.
- Spread 2 tablespoons pasta sauce evenly over each square, leaving a 1/2-inch border. Spoon 1/2 cup ham mixture onto each square, and sprinkle each with 1 tablespoon mozzarella cheese. Fold the dough over the filling to form a triangle, pressing edges to seal.
- Place calzones on a baking sheet coated with cooking spray. Press edges with a fork to seal. Coat tops of calzones with cooking spray; sprinkle with Parmesan cheese.
- Bake at 350 for 28 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:5.2608696157518%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 309.6kcal (15.48%), Fat: 4.6g (7.08%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 44.58g (16.21%), Sugar: 7.7g (8.56%), Cholesterol: 13.41mg (4.47%), Sodium: 862.68mg (37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.49%), Vitamin C: 27.54mg (33.38%), Vitamin A: 747.4IU (14.95%), Fiber: 2.88g (11.5%), Calcium: 88.8mg (8.88%), Phosphorus: 62.46mg (6.25%), Vitamin B2: 0.08mg

(4.96%), Potassium: 161.96mg (4.63%), Vitamin B6: 0.09mg (4.58%), Selenium: 2.78µg (3.97%), Vitamin B1: 0.05mg (3.24%), Copper: 0.06mg (3.15%), Folate: 12.19µg (3.05%), Vitamin B3: 0.56mg (2.82%), Zinc: 0.42mg (2.81%), Magnesium: 9.9mg (2.47%), Vitamin E: 0.32mg (2.16%), Vitamin B5: 0.19mg (1.93%), Iron: 0.32mg (1.78%), Vitamin B12: 0.1µg (1.58%), Manganese: 0.03mg (1.37%), Vitamin K: 1.28µg (1.21%)