

 69%
HEALTH SCORE

Honey Wheat Calzone

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 package quick-rise active yeast dry
- ☐ 1 tablespoon cornmeal
- ☐ 1 cup flour all-purpose divided
- ☐ 0.3 cup honey
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup vegetables fresh diced
- ☐ 1 teaspoon salt
- ☐ 2 cups mozzarella cheese shredded

- ☐ 8 ounce seasoned tomato sauce canned
- ☐ 1 cup water hot 120 degrees F to 125 degrees F
- ☐ 2 cups flour whole-wheat

Equipment

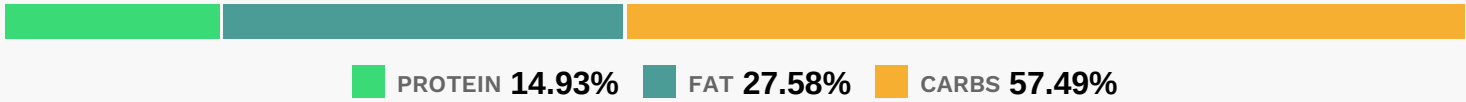
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, combine whole wheat flour, 1/2 cup all-purpose flour, yeast and salt. Slowly pour hot water, honey and 1 tablespoon oil over flour mixture; blend well. Continue to mix about 5 minutes more, or until smooth. Stir in about 1/2 cup remaining flour to make a soft dough. Continue to mix about 8 minutes until dough is smooth and satiny, adding flour only if necessary to prevent sticking.
- ☐ Turn dough onto a floured surface and knead 1 minute.
- ☐ Place in greased bowl, cover loosely with a towel and let rise in a warm place until doubled (about 30 minutes). Meanwhile, heat remaining oil in a nonstick skillet over medium heat.
- ☐ Add vegetables, and cook until softened.
- ☐ Add tomato sauce; bring to a boil and simmer until thickened, 8 to 10 minutes.
- ☐ Remove from heat; cool.
- ☐ Preheat oven to 450 degrees F. Punch dough down and let rest 10 minutes. Divide dough in half and pat or roll each into a 12-inch circle on a floured surface.
- ☐ Spread half the sauce over half of one dough circle; repeat with remaining sauce and dough.
- ☐ Sprinkle each circle with 1 cup cheese.
- ☐ Add meat, if desired. Fold each circle in half. Pinch edges together to seal and press with tines of a fork.
- ☐ Sprinkle cornmeal over greased or parchment-lined baking sheet.
- ☐ Place calzones at least 3 inches apart on baking sheet.

- ☐ Bake 15 minutes, or until browned.
- ☐ Serve hot. *Chopped fresh onion, mushrooms, zucchini and peppers work well.

Nutrition Facts



Properties

Glycemic Index:156.39, Glycemic Load:67.44, Inflammation Score:-10, Nutrition Score:56.139564897703%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1383.05kcal (69.15%), Fat: 44.02g (67.72%), Saturated Fat: 17.5g (109.36%), Carbohydrates: 206.42g (68.81%), Net Carbohydrates: 185.03g (67.28%), Sugar: 52.32g (58.13%), Cholesterol: 88.48mg (29.49%), Sodium: 2459.35mg (106.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.61g (107.21%), Manganese: 5.77mg (288.74%), Selenium: 116.46µg (166.38%), Vitamin A: 5879.91IU (117.6%), Vitamin B1: 1.66mg (110.99%), Phosphorus: 1012.49mg (101.25%), Fiber: 21.39g (85.57%), Folate: 296.34µg (74.09%), Vitamin B3: 13.62mg (68.08%), Vitamin B2: 1.14mg (67.11%), Calcium: 663.55mg (66.35%), Magnesium: 248.98mg (62.25%), Iron: 10.22mg (56.76%), Zinc: 8.06mg (53.73%), Copper: 0.88mg (43.84%), Vitamin B12: 2.56µg (42.6%), Vitamin B6: 0.85mg (42.57%), Potassium: 1196.59mg (34.19%), Vitamin E: 4.77mg (31.8%), Vitamin B5: 2.19mg (21.95%), Vitamin C: 17.69mg (21.45%), Vitamin K: 16.67µg (15.88%), Vitamin D: 0.45µg (2.99%)