

food
network



HEALTH SCORE

64%

Lamb Calzone: Calzone di Ragusa



Dairy Free



Very Healthy

READY IN



100 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg yolk beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 2 pounds boned leg of lamb cut into 1/2-inch pieces
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 2 tablespoons oregano fresh

- ☐ 0.5 cup red wine
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 2 tablespoons tomato paste
- ☐ 0.8 cup warm water
- ☐ 1 package yeast

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ rolling pin
- ☐ pastry brush

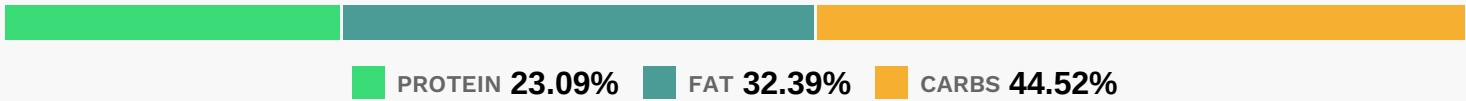
Directions

- ☐ In a 10 to 12-inch saucepan, heat the olive oil until hot but not smoking.
- ☐ Add the pieces of lamb and brown all over.
- ☐ Add the onions and cook until they begin to soften, about 5 minutes.
- ☐ Add the wine and let it evaporate. Dissolve the tomato paste in 1/2 cup warm water.
- ☐ Add the dissolved tomato paste to the pan. Season, to taste, with salt and pepper. Lower the heat and let the ingredients simmer for 20 minutes.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Meanwhile, cut the dough in 1/
- ☐ Using a lightly floured rolling pin, roll out into 2 rounds about 12-inches in diameter. Coat the paddle with the sea salt.
- ☐ Place 1 dough round on the paddle spread with coarse sea salt.
- ☐ Once the stew is done simmering, spoon 1/2 the stew over the dough that is already on the paddle. Fold dough over, using your fingers to crimp and seal the edges shut. Prick the pie all over with a fork and, using a pastry brush, brush with the beaten egg yolk. Repeat with

remaining dough and stew.

- ☐ Bake until golden brown, about 20 to 25 minutes.
- ☐ Combine the water, and yeast in a large bowl and stir until dissolved.
- ☐ Add the salt and the olive oil and mix thoroughly.
- ☐ Add 1 cup of the flour and mix with a wooden spoon to make a loose batter.
- ☐ Add 2 more cups of the flour and stir with the spoon for 2 to 3 minutes to incorporate as much flour as possible.
- ☐ Bring the dough together by hand and turn out onto a floured board or marble surface. Knead for 6 to 8 minutes, until you have a smooth, firm dough.
- ☐ Place the dough in a lightly oiled bowl and cover with a towel. Set aside to rise in the warmest part of the kitchen for 45 minutes.
- ☐ After 45 minutes, cut the risen dough into 2 equal pieces and knead each portion into a round. Cover again and let rise for 15 minutes. The dough is now ready to be used.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:53.23, Inflammation Score:-10, Nutrition Score:35.550434718961%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 748.53kcal (37.43%), Fat: 25.87g (39.81%), Saturated Fat: 5.3g (33.14%), Carbohydrates: 80.01g (26.67%), Net Carbohydrates: 74.95g (27.26%), Sugar: 3.13g (3.48%), Cholesterol: 140.04mg (46.68%), Sodium: 743.99mg (32.35%), Alcohol: 3.18g (100%), Alcohol %: 1.05% (100%), Protein: 41.5g (83%), Selenium: 68.81µg (98.3%), Vitamin B3: 15.61mg (78.08%), Vitamin B1: 1.16mg (77.63%), Folate: 266.27µg (66.57%), Vitamin B12: 3.95µg (65.78%), Vitamin B2: 0.96mg (56.42%), Iron: 8.6mg (47.76%), Manganese: 0.93mg (46.64%), Zinc: 6.62mg (44.11%), Phosphorus: 433.98mg (43.4%), Vitamin K: 27.44µg (26.14%), Vitamin E: 3.74mg (24.96%), Vitamin B6: 0.43mg (21.6%), Potassium: 741.95mg (21.2%), Fiber: 5.06g (20.22%), Copper: 0.4mg (19.9%), Magnesium: 78.46mg (19.62%), Vitamin B5: 1.9mg (19.01%), Calcium: 85.1mg (8.51%), Vitamin C: 4.59mg (5.56%), Vitamin A: 231.31IU (4.63%), Vitamin D: 0.24µg (1.62%)