



Meatball Calzones

READY IN



20 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bread crumbs fresh
- 1 large eggs
- 2 cloves garlic minced
- 8 ounces ground beef
- 1 teaspoon penzey's southwest seasoning italian
- 0.5 teaspoon pepper
- 1 lb pizza dough frozen
- 0.5 teaspoon salt
- 0.5 cup mozzarella cheese shredded

0.5 cup tomato sauce

Equipment

bowl

baking sheet

oven

aluminum foil

Directions

Preheat oven to 400F; line a rimmed baking sheet with foil. In a bowl, mix beef, onion, garlic, Italian seasoning, bread crumbs, salt and pepper until well combined. Shape mixture into 16 1-inch balls and place on baking sheet.

Bake for 12 to 15 minutes, turning often.

Place tomato sauce in a large bowl. Toss meatballs with sauce and set aside to cool.

Reduce oven temperature to 375F. Line a baking sheet with foil and mist with cooking spray. Divide dough into 4 pieces.

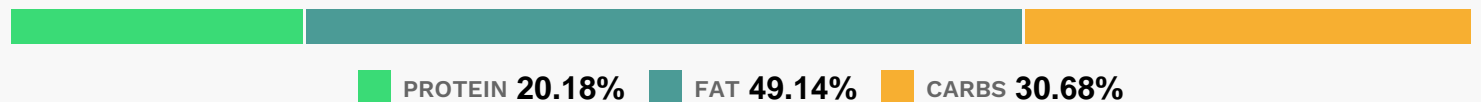
Roll each piece into a 7- to 8-inch circle. Divide meatballs among dough circles, placing them on bottom halves and leaving a 1-inch border.

Sprinkle each calzone with cheese. Fold dough over filling and roll bottom edge over top, pressing and crimping together to seal. Beat egg with 1 Tbsp. water and brush all over calzones. Make a slit in top of each calzone to let steam escape.

Place calzones on baking sheet and bake until golden brown, about 40 minutes.

Let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:21.616521710935%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 554.88kcal (27.74%), Fat: 30.19g (46.44%), Saturated Fat: 11.56g (72.26%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 38.74g (14.09%), Sugar: 5.92g (6.58%), Cholesterol: 113.69mg (37.9%), Sodium: 1152.57mg (50.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.79%), Selenium: 41.8µg (59.72%), Vitamin B12: 2.56µg (42.66%), Phosphorus: 393.43mg (39.34%), Calcium: 323.63mg (32.36%), Vitamin B2: 0.53mg (31.42%), Zinc: 4.67mg (31.13%), Vitamin B3: 5.85mg (29.24%), Iron: 4.92mg (27.33%), Manganese: 0.54mg (27.07%), Vitamin B1: 0.37mg (24.76%), Copper: 0.37mg (18.6%), Vitamin B6: 0.37mg (18.46%), Folate: 67.57µg (16.89%), Fiber: 3.67g (14.67%), Vitamin E: 2.08mg (13.86%), Vitamin A: 692.58IU (13.85%), Potassium: 477.64mg (13.65%), Vitamin K: 13.86µg (13.2%), Magnesium: 50.64mg (12.66%), Vitamin B5: 0.91mg (9.06%), Vitamin C: 3.98mg (4.83%), Vitamin D: 0.36µg (2.42%)