



Meatball Calzones

 **Gluten Free**  **Very Healthy**

READY IN



42 min.

SERVINGS



4

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup mozzarella cheese shredded reduced-fat
- 12 oz meatballs frozen cooked cut in half
- 1 cup part-skim ricotta
- 1 pound pizza dough frozen thawed
- 10 oz pkt spinach frozen dry thawed chopped
- 1.5 cups tomato sauce

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 425F. Mist a baking sheet with nonstick cooking spray.

Combine ricotta, mozzarella and spinach in a bowl.

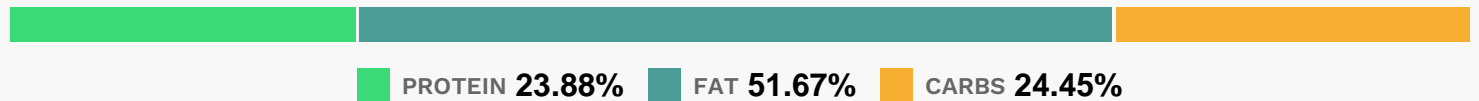
Divide dough into four equal pieces and roll each piece into an 8-inch circle. Spoon 2 Tbsp. sauce in center of each dough round and spread over dough, leaving a 1-inch border. Divide cheese mixture among dough rounds and spread over tomato sauce. Top each dough round with meatball halves.

Fold dough over filling to create half-moon shapes. Press edges to seal.

Bake until golden, 18 to 22 minutes.

Serve with remaining sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:42.589565214903%

Nutrients (% of daily need)

Calories: 727.5kcal (36.38%), Fat: 42.03g (64.66%), Saturated Fat: 17.52g (109.48%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 38.81g (14.11%), Sugar: 8.29g (9.21%), Cholesterol: 114.41mg (38.14%), Sodium: 1294.82mg (56.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.69g (87.39%), Vitamin K: 274.59µg (261.52%), Vitamin A: 9476.22IU (189.52%), Selenium: 64.53µg (92.18%), Calcium: 708.73mg (70.87%), Phosphorus: 655.61mg (65.56%), Vitamin B1: 0.97mg (64.57%), Vitamin B2: 0.91mg (53.6%), Manganese: 0.94mg (47.24%), Folate: 168.98µg (42.25%), Vitamin B3: 7.53mg (37.64%), Zinc: 5.58mg (37.18%), Vitamin B6: 0.66mg (33.2%), Iron: 5.88mg (32.66%), Vitamin B12: 1.89µg (31.52%), Magnesium: 124.97mg (31.24%), Vitamin E: 4.61mg (30.71%), Potassium: 1035.78mg (29.59%), Copper: 0.53mg (26.58%), Fiber: 5.93g (23.71%), Vitamin C: 12.29mg (14.89%), Vitamin B5: 1.34mg (13.39%)