



Meaty Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 0.5 pound ground round
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 3 ounces cheddar cheese shredded reduced-fat
- ☐ 0.8 cup onion frozen chopped
- ☐ 1.3 cups pasta sauce
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 0.3 teaspoon salt

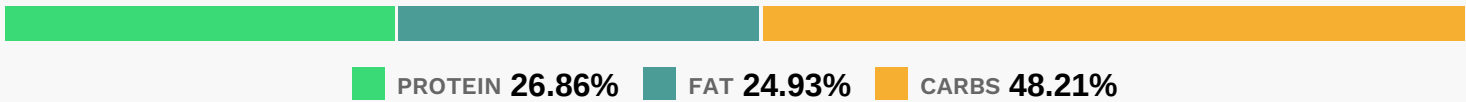
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Cook beef, onion, and garlic in a large nonstick skillet over medium-high heat until beef is browned, stirring to crumble.
- ☐ Drain. Return to pan, and add Italian seasoning, salt, and pepper.
- ☐ Unroll pizza crust onto an ungreased baking sheet.
- ☐ Cut dough into 4 squares. Press each square into a 6 x 5-inch rectangle. Spoon beef mixture evenly into center of each rectangle; sprinkle evenly with cheese. Bring opposite corners of rectangles together, pinching seams together to seal. Coat tops of calzones with cooking spray.
- ☐ Bake at 400 for 11 minutes or until lightly browned.
- ☐ Place pasta sauce in a microwave-safe dish; microwave at HIGH 2 minutes or until thoroughly heated.
- ☐ Serve calzones with warm pasta sauce.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.15, Inflammation Score:-5, Nutrition Score:11.756521888401%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.11mg, Quercetin:

6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 345.21kcal (17.26%), Fat: 9.65g (14.85%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 39.03g (14.19%), Sugar: 8.71g (9.67%), Cholesterol: 41.32mg (13.77%), Sodium: 1213.89mg (52.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.79%), Phosphorus: 240.37mg (24.04%), Iron: 4.24mg (23.56%), Vitamin B12: 1.36µg (22.62%), Zinc: 3.36mg (22.37%), Selenium: 13.33µg (19.04%), Vitamin B3: 3.75mg (18.76%), Vitamin B6: 0.35mg (17.66%), Potassium: 491.41mg (14.04%), Calcium: 120mg (12%), Fiber: 2.95g (11.79%), Vitamin B2: 0.2mg (11.73%), Vitamin C: 8.33mg (10.1%), Vitamin E: 1.42mg (9.49%), Manganese: 0.17mg (8.74%), Vitamin A: 402.94IU (8.06%), Copper: 0.16mg (7.86%), Magnesium: 31.09mg (7.77%), Vitamin B5: 0.68mg (6.76%), Folate: 19.43µg (4.86%), Vitamin K: 4.67µg (4.44%), Vitamin B1: 0.06mg (4.19%)