



Monster Snack: Open-Faced Calzones with Spinach and Artichokes

READY IN



19 min.

SERVINGS



4

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 1 can artichokes drained sliced
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 1 loaf ciabatta bread italian rectangular (flat, or oval shaped bread, 12 to 14 inches long and 8 inches wide – substitute focaccia loaf if ciabatta is not available to you)
- ☐ 2 cups cheese blend available on dairy aisle in sacks shredded italian
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 3 tablespoons flat-leaf parsley chopped

- ☐ 2 cloves garlic chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 0.3 cup reggiano generous grated
- ☐ 1 teaspoon pepper flakes red hot
- ☐ 2 cups ricotta cheese
- ☐ 4 servings salt and pepper
- ☐ 1 box pkt spinach chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ broiler
- ☐ kitchen towels

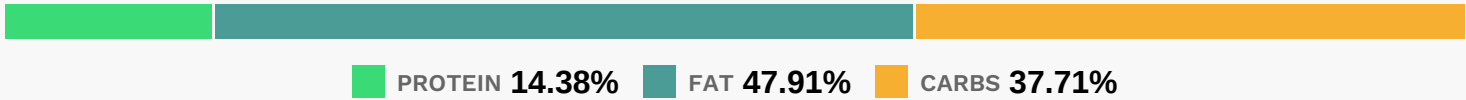
Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Defrost spinach 6 minutes on high and wring the spinach dry in a kitchen towel.
- ☐ Crust bread in oven for 5 or 6 minutes.
- ☐ Remove and split bread in half from end to end as if it were a large sandwich roll.
- ☐ Turn broiler on. If your broiler is too small to place ciabatta breads under it, you can melt the cheese in oven as well, see below, it simply browns faster under broiler.
- ☐ Drizzle hot bread with extra-virgin olive oil.
- ☐ Mix ricotta, garlic, parsley and grated cheese.
- ☐ Spread the mixture evenly over the bread halves then dot with the defrosted chopped spinach. Evenly distribute the sliced artichokes, season the breads with salt and pepper and top with an even layer mozzarella cheese. Melt and brown the cheese under the broiler 3 minutes, 1 rack down from the top of the oven. If you are using the oven rather than broiler,

the cheese will take 6 or 7 minutes to brown.

- ☐ Cut into bread into wedges and serve. If desired, serve with Dipping Sauce.
- ☐ Heat a small pot over medium heat.
- ☐ Add extra-virgin olive oil, garlic, pepper flakes and anchovy paste. Cook 2 minutes.
- ☐ Add parsley, tomatoes, salt and pepper. Stir sauce, bring to a bubble and simmer 5 minutes over low heat then place in small bowl and serve.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:4.62, Inflammation Score:-8, Nutrition Score:23.976956595545%

Flavonoids

Naringenin: 7.5mg, Naringenin: 7.5mg, Naringenin: 7.5mg, Naringenin: 7.5mg Apigenin: 13.12mg, Apigenin: 13.12mg, Apigenin: 13.12mg, Apigenin: 13.12mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 911.46kcal (45.57%), Fat: 48.88g (75.2%), Saturated Fat: 18.33g (114.54%), Carbohydrates: 86.54g (28.85%), Net Carbohydrates: 77.69g (28.25%), Sugar: 5.76g (6.41%), Cholesterol: 70.89mg (23.63%), Sodium: 1864.48mg (81.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.03%), Vitamin K: 94.4µg (89.91%), Calcium: 456.99mg (45.7%), Fiber: 8.85g (35.39%), Phosphorus: 347.07mg (34.71%), Selenium: 23.51µg (33.59%), Vitamin E: 4.47mg (29.83%), Vitamin C: 23.36mg (28.32%), Vitamin A: 1347.57IU (26.95%), Iron: 4.09mg (22.72%), Vitamin B2: 0.39mg (22.66%), Manganese: 0.44mg (22.06%), Potassium: 739.76mg (21.14%), Magnesium: 80.3mg (20.07%), Copper: 0.4mg (19.87%), Folate: 77.28µg (19.32%), Vitamin B6: 0.36mg (17.86%), Zinc: 2.4mg (15.99%), Vitamin B3: 3.01mg (15.04%), Vitamin B1: 0.16mg (10.47%), Vitamin B12: 0.53µg (8.86%), Vitamin B5: 0.87mg (8.7%), Vitamin D: 0.35µg (2.31%)