



## Party Size Sausage Calzone

READY IN



60 min.

SERVINGS



2

CALORIES



1977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound bread dough frozen thawed
- 0.5 teaspoon parsley dried
- 1 eggs beaten
- 0.1 teaspoon garlic powder
- 19 ounce ground sausage italian hot johnsonville®
- 0.1 teaspoon onion powder
- 0.1 teaspoon pepper
- 15 ounce tomato sauce divided canned
- 1 cup ricotta cheese

- 0.1 teaspoon salt
- 1 cup mozzarella cheese shredded

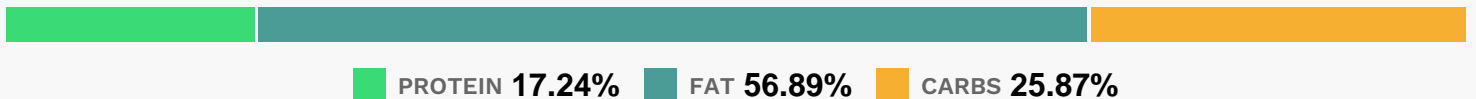
## Equipment

- bowl
- baking sheet
- oven
- pastry brush

## Directions

- Cook sausage links according to package directions; drain, cut into 1/2-inch slices and set aside.
- In a large bowl, combine mozzarella, ricotta, egg, parsley and seasonings.
- On a lightly floured surface, cut dough in half.
- Roll each into a 12-inch circle. On two parchment-lined baking sheets, carefully place one dough round on each baking sheet.
- Spoon 1/2 cup of pizza sauce, half the cheese mixture and half of the sausage slices onto the lower half of each dough round, keep the outer 1/2-inch of dough free of ingredients. With a pastry brush, moisten the outer 1/2-inch of each round with water. Fold dough over filling and crimp edges firmly to seal.
- Bake at 350F for 25-30 minutes or until golden brown.
- Cut each Calzone in half and serve with remaining pizza sauce.

## Nutrition Facts



## Properties

Glycemic Index:82, Glycemic Load:5.51, Inflammation Score:-8, Nutrition Score:42.869564844214%

## Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

## Nutrients (% of daily need)

Calories: 1977.29kcal (98.86%), Fat: 122.37g (188.27%), Saturated Fat: 48.78g (304.89%), Carbohydrates: 125.19g (41.73%), Net Carbohydrates: 117.5g (42.73%), Sugar: 8.58g (9.53%), Cholesterol: 394mg (131.33%), Sodium: 4675.41mg (203.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.46g (166.91%), Selenium: 102.39µg (146.28%), Vitamin B1: 1.62mg (108.27%), Phosphorus: 879.05mg (87.9%), Vitamin B12: 4.34µg (72.42%), Vitamin B2: 1.09mg (64.27%), Calcium: 631.6mg (63.16%), Zinc: 8.66mg (57.73%), Vitamin B6: 1.13mg (56.62%), Vitamin B3: 11.07mg (55.35%), Potassium: 1521.82mg (43.48%), Vitamin A: 1970.98IU (39.42%), Iron: 6.36mg (35.31%), Fiber: 7.69g (30.74%), Vitamin B5: 2.72mg (27.15%), Copper: 0.51mg (25.59%), Vitamin C: 20.33mg (24.65%), Magnesium: 97.68mg (24.42%), Vitamin E: 3.54mg (23.6%), Manganese: 0.44mg (21.82%), Folate: 70.06µg (17.51%), Vitamin K: 9.22µg (8.78%), Vitamin D: 0.91µg (6.08%)