



Pesto-Chicken Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli cooked chopped
- 4 servings olive oil
- 0.5 cup pesto
- 1 pound purchased pizza dough at room temperature
- 4 oz meat from a rotisserie chicken shredded cooked
- 1.3 cups mozzarella cheese shredded

Equipment

- baking sheet

- oven
- aluminum foil
- rolling pin

Directions

- Preheat oven to 45
- On a lightly floured surface, divide dough into four equal pieces. Using a lightly floured rolling pin or your hands, roll or stretch each piece into a 6-inch round. If dough shrinks, let it rest about 5 minutes, then roll again.
- Divide mozzarella among the dough rounds, then top equally with pesto, broccoli, and chicken.
- Gently pull half of dough over filling to make a half-moon shape. Fold bottom edge over top edge and pinch firmly to seal.
- Brush calzone tops lightly with olive oil.
- Transfer to a large baking sheet.
- Bake calzones on middle rack until golden brown, 20 to 25 minutes (15 to 20 minutes in a convection oven).
- Let cool about 5 minutes, then transfer to plates.
- Note: To make in advance, prepare through step 3, then freeze on a baking sheet. When frozen, wrap each calzone with aluminum foil and keep in freezer for up to 1 month.
- Bake at 375 for 30 to 35 minutes, until browned and cooked through.

Nutrition Facts



PROTEIN 15.11% **FAT 50.96%** **CARBS 33.93%**

Properties

Glycemic Index:14.75, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:11.815652204596%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg,

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Nutrients (% of daily need)

Calories: 689.51kcal (34.48%), Fat: 39.29g (60.45%), Saturated Fat: 10.24g (63.98%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 56.08g (20.39%), Sugar: 8.78g (9.76%), Cholesterol: 53.24mg (17.75%), Sodium: 1372.6mg (59.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.41%), Vitamin K: 31.73µg (30.22%), Calcium: 252.33mg (25.23%), Vitamin C: 19.62mg (23.79%), Iron: 3.99mg (22.15%), Vitamin A: 1026.02IU (20.52%), Phosphorus: 201.11mg (20.11%), Selenium: 13.87µg (19.82%), Vitamin B12: 0.93µg (15.56%), Vitamin E: 2.26mg (15.06%), Vitamin B3: 2.41mg (12.07%), Fiber: 2.77g (11.08%), Zinc: 1.61mg (10.74%), Vitamin B2: 0.17mg (10.18%), Vitamin B6: 0.17mg (8.43%), Potassium: 162.95mg (4.66%), Vitamin B5: 0.45mg (4.54%), Magnesium: 18.04mg (4.51%), Folate: 17.89µg (4.47%), Manganese: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.96%), Copper: 0.03mg (1.55%)