



Pizza Pockets

READY IN



31 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce tightly-packed arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces cream cheese room temperature
- ☐ 1 eggs beaten (for egg wash)
- ☐ 8 ounces turkey sausage italian
- ☐ 1.5 cups tomatoes homemade store-bought
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 13.5 ounce pizza crust store-bought (recommended: Pillsbury)

☐ 0.5 teaspoon salt

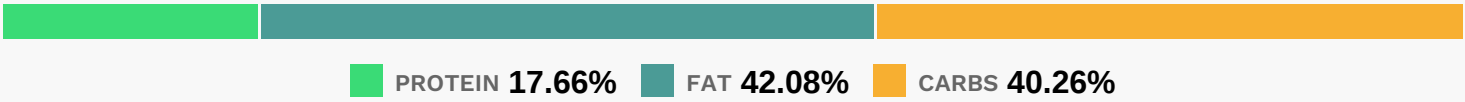
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil over medium-high heat in a medium-sized, heavy skillet.
- ☐ Add the sausage and cook until crumbled and golden, about 5 minutes.
- ☐ Add the arugula and cook until wilted. Turn off the heat and let cool about 10 minutes.
- ☐ Add the cream cheese, 1/3 cup Parmesan, salt, and pepper and stir to combine. Set aside.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Roll out the pizza dough on a lightly floured surface to a thin 20 by 12-inch rectangle.
- ☐ Cut the rectangle in half lengthwise. The cut each half into 8 equal rectangles.
- ☐ Spoon topping onto 1 side of each of the rectangles. Using a pastry brush, brush the edges of the rectangle with egg wash. Close the rectangle of pizza dough over the topping. Use a fork to seal and crimp the edges.
- ☐ Place the pizza pockets onto a parchment paper-lined baking sheet.
- ☐ Brush the top of each pizza pocket with egg wash.
- ☐ Sprinkle with the remaining Parmesan.
- ☐ Bake until golden, about 15 to 17 minutes.
- ☐ Meanwhile, heat the marinara sauce over low heat in a medium saucepan.
- ☐ Serve the hot pizza pockets with the marinara sauce alongside for dipping.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:10.619565160378%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 368.81kcal (18.44%), Fat: 17.39g (26.75%), Saturated Fat: 8.04g (50.28%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 35.12g (12.77%), Sugar: 5.23g (5.81%), Cholesterol: 70.18mg (23.39%), Sodium: 1333.25mg (57.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.85%), Iron: 6.24mg (34.66%), Vitamin C: 16.49mg (19.98%), Selenium: 13.9µg (19.86%), Calcium: 170.78mg (17.08%), Phosphorus: 162.35mg (16.24%), Vitamin A: 769.03IU (15.38%), Vitamin B2: 0.2mg (12.05%), Vitamin B6: 0.24mg (11.79%), Vitamin B3: 2.05mg (10.25%), Vitamin E: 1.49mg (9.94%), Fiber: 2.32g (9.28%), Potassium: 315.16mg (9%), Zinc: 1.31mg (8.7%), Vitamin K: 8.92µg (8.49%), Vitamin B5: 0.76mg (7.58%), Magnesium: 26.03mg (6.51%), Copper: 0.13mg (6.39%), Manganese: 0.12mg (6.1%), Vitamin B12: 0.34µg (5.6%), Folate: 18.67µg (4.67%), Vitamin B1: 0.05mg (3.54%), Vitamin D: 0.17µg (1.16%)