



Pizza Pockets

READY IN



27 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mushrooms fresh coarsely chopped
- ☐ 2 tablespoons nonfat parmesan cheese grated
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 2.5 cups pizza-pasta sauce divided
- ☐ 0.5 cup bell pepper sweet red chopped
- ☐ 1 cup zucchini chopped 1 small

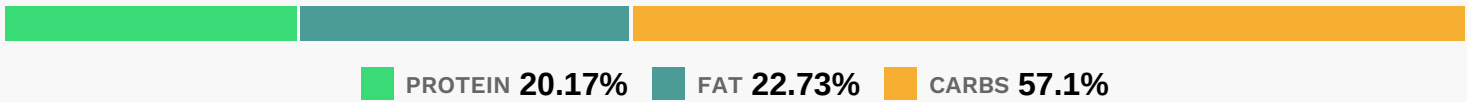
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add zucchini, red pepper, and mushrooms. Cook, stirring constantly, 5 minutes. Stir in 1/2 cup pizza sauce; set aside.
- ☐ Roll crust into a 15- x 10-inch rectangle; cut into 4 (7 1/2- x 5-inch) rectangles.
- ☐ Spoon one fourth of vegetable mixture onto one end of each rectangle; sprinkle evenly with mozzarella cheese. Fold rectangles in half over filling; press edges together with a fork. (At this point pockets may be covered and refrigerated to bake later for 12 minutes. Or, assemble pockets, bake 6 minutes, and freeze. Thaw in refrigerator overnight before baking the remaining 6 minutes or until browned.)
- ☐ Coat tops with cooking spray, and sprinkle with Parmesan cheese.
- ☐ Place on a large baking sheet coated with cooking spray.
- ☐ Bake at 400 for 12 minutes or until golden.
- ☐ Serve with remaining 2 cups warm sauce.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:3.07, Inflammation Score:-8, Nutrition Score:14.379999971908%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 305.66kcal (15.28%), Fat: 8.01g (12.33%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 41.1g (14.95%), Sugar: 11.98g (13.31%), Cholesterol: 19.84mg (6.61%), Sodium: 1457.59mg (63.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16g (31.99%), Vitamin C: 40.36mg (48.92%), Vitamin

A: 1464.07IU (29.28%), Calcium: 279.35mg (27.94%), Phosphorus: 216.89mg (21.69%), Iron: 3.72mg (20.67%), Potassium: 639.26mg (18.26%), Vitamin E: 2.58mg (17.22%), Vitamin B2: 0.29mg (16.88%), Fiber: 4.18g (16.72%), Vitamin B6: 0.29mg (14.47%), Manganese: 0.25mg (12.43%), Copper: 0.24mg (12.09%), Vitamin B3: 2.31mg (11.55%), Magnesium: 39.48mg (9.87%), Selenium: 6.76µg (9.66%), Zinc: 1.4mg (9.31%), Folate: 34.56µg (8.64%), Vitamin B5: 0.81mg (8.09%), Vitamin K: 7.03µg (6.69%), Vitamin B1: 0.08mg (5.1%), Vitamin B12: 0.27µg (4.45%)