



Pumpkin, Sausage and Spinach Calzone

 Gluten Free

READY IN



43 min.

SERVINGS



15

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups baby spinach (from 1 5-oz. box)
- ☐ 0.3 cup pumpkin puree canned
- ☐ 4 ounces fontina diced finely
- ☐ 8 ounces sausage sweet italian (3 links)
- ☐ 3 tablespoons olive oil
- ☐ 1 pound pizza dough frozen thawed
- ☐ 15 servings salt and pepper

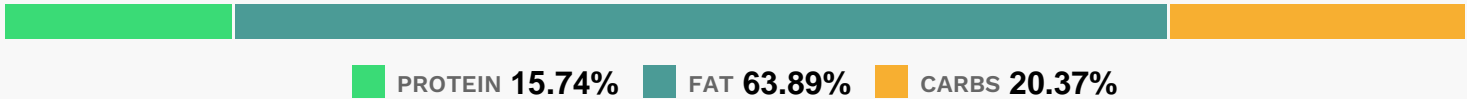
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 450F. Set 2 fine-mesh strainers over 2 bowls. Line a large baking sheet with parchment. Divide dough into 4 portions; roll them into 7-inch rounds.
- ☐ Warm 1 Tbsp. oil in a skillet over medium heat. Cook sausage, stirring and breaking up meat, until browned, 5 to 10 minutes.
- ☐ Transfer to a strainer to drain.
- ☐ Warm 1 Tbsp. oil in same skillet over medium heat. Cook spinach, stirring, until wilted, about 3 minutes. Season with salt and pepper.
- ☐ Remove from heat.
- ☐ Transfer to second strainer; squeeze out liquid.
- ☐ Spread pumpkin on one side of each dough round, leaving a 1/2-inch border. Divide sausage, spinach and cheese among rounds, scattering over pumpkin. Fold dough over filling and pinch edges to seal.
- ☐ Brush tops of calzones with 1 Tbsp. oil.
- ☐ Transfer to baking sheet; bake until golden, about 15 minutes. Allow to cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:10.00521744075%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:

0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 191.67kcal (9.58%), Fat: 13.66g (21.01%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 8.75g (3.18%), Sugar: 1.42g (1.58%), Cholesterol: 24.49mg (8.16%), Sodium: 508.19mg (22.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Vitamin K: 53.05µg (50.52%), Vitamin A: 1957.46IU (39.15%), Selenium: 11.47µg (16.39%), Calcium: 109.89mg (10.99%), Phosphorus: 108.56mg (10.86%), Vitamin B1: 0.16mg (10.69%), Manganese: 0.2mg (9.81%), Vitamin B12: 0.5µg (8.34%), Folate: 33.21µg (8.3%), Vitamin B2: 0.14mg (8.28%), Iron: 1.25mg (6.92%), Zinc: 1mg (6.65%), Vitamin E: 0.99mg (6.6%), Vitamin B3: 1.26mg (6.3%), Copper: 0.1mg (5.08%), Vitamin B6: 0.1mg (4.96%), Magnesium: 19.29mg (4.82%), Vitamin C: 3.7mg (4.49%), Potassium: 156.14mg (4.46%), Fiber: 1.04g (4.17%), Vitamin B5: 0.2mg (2.04%)