



Red Pepper, Fontina, and Prosciutto Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces goat cheese (goat cheese)
- ☐ 1.3 cups fontina shredded
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 servings olive oil
- ☐ 1 pound pizza dough at room temperature
- ☐ 3 ounces pancetta chopped
- ☐ 0.5 cup roasted peppers red sliced

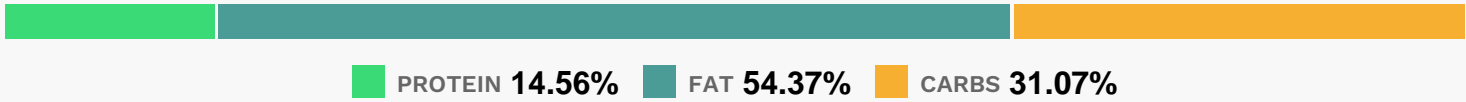
Equipment

- ☐ 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.
- ☐ Mound equal portions of fontina in center of dough rounds. Top equally with peppers, basil, prosciutto, and goat cheese.
- ☐ Gently pull half of dough over filling to make a half-moon shape. Fold bottom edge of dough over top edge and pinch firmly to seal.
- ☐ Brush tops of calzones 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



Properties

Glycemic Index:24.25, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:10.410434733266%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 711.47kcal (35.57%), Fat: 43.33g (66.66%), Saturated Fat: 16.66g (104.12%), Carbohydrates: 55.72g (18.57%), Net Carbohydrates: 53.79g (19.56%), Sugar: 7.86g (8.74%), Cholesterol: 71.66mg (23.89%), Sodium: 1608.78mg (69.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.2%), Calcium: 267.68mg (26.77%), Phosphorus: 232.11mg (23.21%), Iron: 3.91mg (21.74%), Selenium: 10.91µg (15.58%), Vitamin A: 774.24IU (15.48%), Vitamin K: 16.11µg (15.34%), Vitamin E: 2.27mg (15.13%), Vitamin B12: 0.84µg (14%), Zinc: 1.93mg (12.89%), Vitamin B2: 0.19mg (11.09%), Vitamin C: 8.41mg (10.19%), Copper: 0.2mg (10.17%), Vitamin B6: 0.18mg (8.87%), Fiber: 1.93g (7.74%), Vitamin B1: 0.09mg (5.81%), Vitamin B3: 1.12mg (5.59%), Vitamin B5: 0.45mg (4.49%), Manganese: 0.07mg (3.73%), Magnesium: 14.61mg (3.65%), Potassium: 104.14mg (2.98%), Vitamin D: 0.42µg (2.78%), Folate: 8.85µg (2.21%)