



Ricotta and Chocolate-Hazelnut Calzones

READY IN



80 min.

SERVINGS



6

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup chocolate-hazelnut spread at room temperature (recommended: Nutella)
- ☐ 1 large eggs beaten to blend
- ☐ 1 large egg yolk
- ☐ 0.3 cup mascarpone cheese
- ☐ 12 ounce purchased pizza dough homemade cold
- ☐ 2 tablespoons powdered sugar for dusting plus more
- ☐ 0.8 cup milk ricotta cheese whole
- ☐ 8 ounces strawberries frozen thawed
- ☐ 2 tablespoons sugar

- ☐ 3 tablespoons whipping cream at room temperature

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

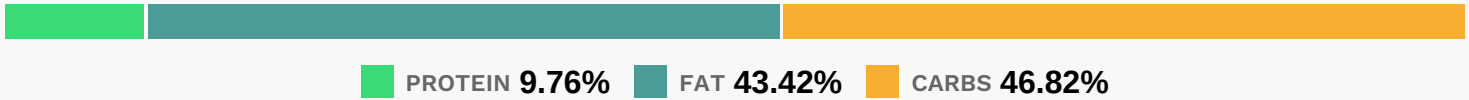
Directions

- ☐ Watch how to make this recipe.
- ☐ Blend the ricotta, mascarpone, egg yolk, and powdered sugar in a food processor until smooth and creamy.
- ☐ Transfer the ricotta mixture to a small bowl, then cover and refrigerate for 30 minutes.
- ☐ Meanwhile, blend the strawberries and 1 tablespoon of sugar in a clean food processor until smooth.
- ☐ Transfer the strawberry sauce to a small bowl and set aside.
- ☐ Whisk the chocolate-hazelnut spread and cream in a medium bowl to blend.
- ☐ Position the oven rack in the center of the oven and preheat to 450 degrees F.
- ☐ Line a heavy large baking sheet with parchment paper.
- ☐ Roll out each piece of pizza dough into a 7-inch-diameter round. Spoon the ricotta mixture atop the center of the lower half of each pizza dough. Spoon the chocolate-hazelnut mixture atop the cheese mixture.
- ☐ Brush the lower edges of the dough with egg wash. Fold the plain dough halves over the filling, forming half circles. Pinch the edges of dough firmly together to seal. Using a pastry wheel, trim the edges.
- ☐ Transfer the calzones to the prepared baking sheet, spacing evenly.
- ☐ Brush the tops of the calzones with more egg wash.
- ☐ Bake until the calzones puff and become golden brown, about 10 minutes.

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- Transfer the baking sheet to a rack and cool for 15 minutes.

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Nutrition Facts



Properties

Glycemic Index:27.74, Glycemic Load:9.48, Inflammation Score:-4, Nutrition Score:9.5921739547149%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 499.68kcal (24.98%), Fat: 24.28g (37.35%), Saturated Fat: 17.36g (108.51%), Carbohydrates: 58.9g (19.63%), Net Carbohydrates: 55.49g (20.18%), Sugar: 30.31g (33.68%), Cholesterol: 95.26mg (31.75%), Sodium: 470.49mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.57%), Vitamin C: 22.27mg (27%), Manganese: 0.44mg (22.07%), Iron: 3.5mg (19.43%), Selenium: 10.26µg (14.65%), Phosphorus: 140.62mg (14.06%), Fiber: 3.41g (13.63%), Vitamin E: 2.03mg (13.51%), Calcium: 132.68mg (13.27%), Vitamin B2: 0.19mg (11.4%), Copper: 0.19mg (9.52%), Vitamin A: 470.84IU (9.42%), Magnesium: 31.32mg (7.83%), Potassium: 247.9mg (7.08%), Folate: 25.81µg (6.45%), Zinc: 0.96mg (6.38%), Vitamin B12: 0.34µg (5.61%), Vitamin B5: 0.46mg (4.64%), Vitamin B6: 0.09mg (4.26%), Vitamin B1: 0.05mg (3.42%), Vitamin D: 0.5µg (3.34%), Vitamin K: 2.09µg (1.99%), Vitamin B3: 0.33mg (1.66%)