



Sausage-and-Cheese Calzones

READY IN



20 min.

SERVINGS



6

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons herb-and-spice seasoning salt-free
- ☐ 2 large eggs
- ☐ 8 oz six-cheese blend shredded italian divided
- ☐ 15 oz ricotta cheese low-fat
- ☐ 1 medium onion halved sliced
- ☐ 27.6 oz pizza crust dough refrigerated canned
- ☐ 0.5 cup pizza sauce
- ☐ 1 pound spicy sausage italian
- ☐ 1 large bell pepper red yellow sliced

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Saut first 3 ingredients in a large nonstick skillet over medium-high heat 10 minutes or until meat crumbles and is no longer pink and vegetables are lightly browned.
- ☐ Remove from skillet, and drain well.
- ☐ Stir together ricotta cheese, eggs, and seasoning.
- ☐ Unroll 1 can of dough on a lightly greased baking sheet. Stretch dough into a 10- x 13-inch rectangle. Spoon 1/4 cup pizza sauce, 1 cup ricotta mixture, and half of sausage mixture on half of rectangle, leaving a 1-inch border.
- ☐ Sprinkle with 1 cup cheese. Moisten edges with water; fold dough over, pressing and crimping edges to seal.
- ☐ Cut 3 (1-inch) slits on top of dough to allow steam to escape. Repeat procedure with remaining dough, pizza sauce, ricotta mixture, sausage mixture, and cheese.
- ☐ Bake at 425 for 24 to 26 minutes or until golden.
- ☐ Serve with additional warm pizza sauce, if desired.
- ☐ *Marinara sauce may be substituted.
- ☐ Note: For testing purposes only we used Mrs. Dash Original Herb Seasoning Blend.
- ☐ Cheesy Mexican Calzones: Prepare recipe as directed, substituting 1 lb. ground beef and 1/2 tsp. salt for sausage, 2 tsp. salt-free Southwest chipotle seasoning and 3/4 tsp. salt for salt-free herb-and-spice seasoning, and shredded Mexican four-cheese blend for shredded Italian six-cheese blend. Note: For testing purposes only, we used Mrs. Dash Southwest Chipotle Seasoning Blend.

Nutrition Facts



 PROTEIN **19.22%**  FAT **46.73%**  CARBS **34.05%**

Properties

Glycemic Index:22.83, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:19.080869653951%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 847.96kcal (42.4%), Fat: 44.58g (68.59%), Saturated Fat: 15.1g (94.38%), Carbohydrates: 73.08g (24.36%), Net Carbohydrates: 69.4g (25.24%), Sugar: 11.07g (12.3%), Cholesterol: 148.99mg (49.66%), Sodium: 1778.46mg (77.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.26g (82.53%), Selenium: 36µg (51.43%), Vitamin C: 39.31mg (47.65%), Iron: 5.82mg (32.34%), Vitamin B1: 0.48mg (32.08%), Calcium: 319.98mg (32%), Phosphorus: 289.81mg (28.98%), Vitamin A: 1327.69IU (26.55%), Vitamin B2: 0.38mg (22.49%), Vitamin B6: 0.4mg (20.19%), Zinc: 2.7mg (17.97%), Vitamin B12: 1.04µg (17.36%), Vitamin B3: 3.07mg (15.37%), Fiber: 3.67g (14.69%), Potassium: 463.46mg (13.24%), Folate: 43.91µg (10.98%), Vitamin B5: 1mg (9.96%), Vitamin K: 10.19µg (9.71%), Manganese: 0.19mg (9.66%), Magnesium: 34.72mg (8.68%), Vitamin E: 1.18mg (7.86%), Copper: 0.14mg (6.98%), Vitamin D: 0.4µg (2.69%)