



Sausage and Mushroom Calzones

READY IN



40 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bread dough frozen thawed
- ☐ 0.5 cup mozzarella cheese grated
- ☐ 4 ounce mushrooms drained sliced
- ☐ 0.5 cup pizza sauce
- ☐ 1 pound sausage roll italian bob evans®

Equipment

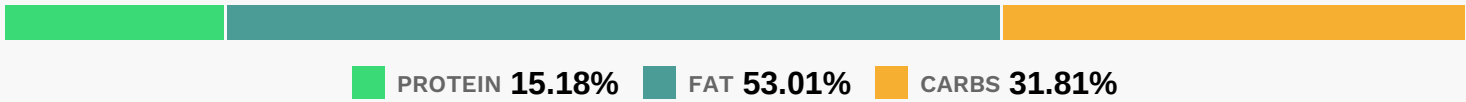
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ In skillet, crumble and brown sausage over medium heat until cooked. Set aside.
- ☐ Roll out dough on lightly floured surface to 12 inch to 14 inch rectangle.
- ☐ Cut into 4 pieces. Top half of each rectangle with sauce, sausage, mushrooms and cheese. Fold dough over to enclose. Crimp around edges with a fork.
- ☐ Place on lightly greased baking sheet.
- ☐ Bake at 350 degrees F for 20–25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.02, Inflammation Score:-2, Nutrition Score:14.08695645436%

Nutrients (% of daily need)

Calories: 736.83kcal (36.84%), Fat: 42.17g (64.87%), Saturated Fat: 14.65g (91.55%), Carbohydrates: 56.93g (18.98%), Net Carbohydrates: 53.97g (19.63%), Sugar: 1.8g (2%), Cholesterol: 97.24mg (32.41%), Sodium: 1596.62mg (69.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.33%), Selenium: 33.32µg (47.6%), Vitamin B1: 0.68mg (45.24%), Vitamin B3: 5.03mg (25.13%), Phosphorus: 243.23mg (24.32%), Vitamin B12: 1.36µg (22.71%), Vitamin B2: 0.36mg (21.41%), Vitamin B6: 0.4mg (20.24%), Zinc: 2.65mg (17.69%), Potassium: 478.64mg (13.68%), Fiber: 2.95g (11.82%), Vitamin B5: 1.12mg (11.17%), Copper: 0.22mg (10.88%), Iron: 1.84mg (10.2%), Calcium: 96.25mg (9.62%), Magnesium: 25.82mg (6.46%), Vitamin C: 5.01mg (6.07%), Manganese: 0.12mg (5.8%), Vitamin A: 227.25IU (4.54%), Folate: 17.63µg (4.41%), Vitamin E: 0.47mg (3.14%), Vitamin K: 1.18µg (1.12%)