



Sausage and Pepper Calzones

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound mild chicken sausage cut into 1/4-inch slices (such as Gerhard's)
- 0.3 teaspoon pepper red crushed
- 2.3 teaspoons yeast dry
- 1 tablespoon olive oil extravirgin
- 12.3 ounces flour all-purpose divided
- 2 garlic clove minced
- 0.5 teaspoon kosher salt
- 0.8 teaspoon kosher salt
- 0.3 cup cottage cheese 2% low-fat

- 1 teaspoon olive oil
- 1 cup onion chopped (1)
- 1 teaspoon oregano dried
- 2 tablespoons parmesan fresh grated
- 3 ounces part-skim mozzarella cheese shredded
- 2 cups bell pepper red thinly sliced (2)
- 1 Dash sugar
- 0.5 cup tomato sauce
- 1 cup water (100° to 110°)

Equipment

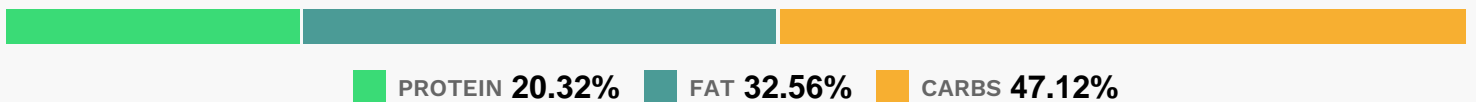
- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- aluminum foil
- ziploc bags
- measuring cup

Directions

- To prepare dough, lightly spoon flour into dry measuring cups; level with a knife.
- Combine 1/2 cup flour, 1 cup warm water, yeast, and sugar in a large bowl; let stand 15 minutes. Gradually add 1 3/4 cups flour, 1 tablespoon oil, and 3/4 teaspoon salt; stir until a soft dough forms. Knead until smooth and elastic (about 8 minutes); add enough of remaining 1/2 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)

- To prepare filling, heat 1 teaspoon oil over medium-high heat in a large nonstick skillet.
- Add bell pepper, onion, garlic, and sausage; saut 10 minutes or until tender. Spoon mixture into a bowl; cool slightly.
- Add mozzarella and remaining ingredients to sausage mixture; stir well.
- Preheat oven to 45
- Punch dough down; cover and let rest 5 minutes. Divide into 8 equal portions.
- Roll each portion into a 6-inch circle on a lightly floured surface. Spoon about 1/2 cup sausage mixture onto half of each circle, leaving a 1/2-inch border. Fold dough over filling; crimp edges of dough with fingers to seal.
- Place calzones on a large baking sheet lined with foil and coated with cooking spray. Pierce the tops of the dough once with a fork. Lightly coat the calzones with cooking spray.
- Bake at 450 for 14 minutes or until browned.
- Remove from oven. Cool completely on a wire rack.
- Coat a sheet of foil with cooking spray.
- Place 1 calzone on coated side of foil; seal. Repeat procedure with remaining calzones and cooking spray.
- Place calzones in a heavy-duty zip-top plastic bag; freeze.
- Preheat oven to 45
- To reheat, place foil-wrapped, frozen calzones on a large baking sheet.
- Bake at 450 for 40 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:38.89, Glycemic Load:25.44, Inflammation Score:-9, Nutrition Score:15.27869559371%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 356.01kcal (17.8%), Fat: 13.03g (20.04%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 39.5g (14.36%), Sugar: 4.23g (4.69%), Cholesterol: 47.97mg (15.99%), Sodium: 1136.82mg (49.43%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 18.3g (36.59%), Vitamin C: 51.27mg (62.14%), Vitamin B1: 0.48mg (31.89%), Folate: 125.29µg (31.32%), Vitamin A: 1519.79IU (30.4%), Selenium: 17.69µg (25.28%), Manganese: 0.41mg (20.66%), Vitamin B2: 0.35mg (20.51%), Vitamin B3: 3.52mg (17.6%), Iron: 3.05mg (16.96%), Phosphorus: 141.46mg (14.15%), Calcium: 125.1mg (12.51%), Fiber: 2.91g (11.64%), Vitamin B6: 0.21mg (10.32%), Vitamin E: 1.25mg (8.34%), Potassium: 232.03mg (6.63%), Zinc: 0.91mg (6.09%), Magnesium: 23.46mg (5.87%), Copper: 0.11mg (5.65%), Vitamin K: 5.65µg (5.39%), Vitamin B5: 0.54mg (5.36%), Vitamin B12: 0.15µg (2.45%)