



Sausage and Ricotta Calzones

READY IN



50 min.

SERVINGS



8

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb pizza dough homemade store-bought for 3 pizzas
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion finely chopped
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 2 cups pkt spinach fresh
- ☐ 1 cup sausage cooked chopped
- ☐ 15 oz ricotta cheese
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.3 teaspoon pepper

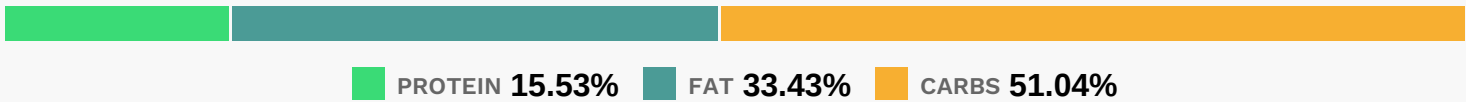
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Divide pizza dough into 8 pieces.
- ☐ Roll out each into 8-inch round disk.
- ☐ To make filling, in 10-inch skillet, heat oil over medium to medium-high heat.
- ☐ Add onion and mushrooms; cook 5 to 7 minutes or until vegetables begin to soften.
- ☐ Add spinach; continue to cook about 2 minutes or until spinach wilts.
- ☐ Remove from heat; set aside.
- ☐ In large bowl, mix cooked sausage, ricotta cheese, Parmesan cheese, salt, nutmeg, pepper and onion-spinach mixture.
- ☐ To make each calzone, place filling in center of dough round. (Resist the temptation to overfill the dough.) Fold dough over; press edge and twist to seal.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Cut calzones in half to serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:11.793478281602%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 661.26kcal (33.06%), Fat: 24.84g (38.22%), Saturated Fat: 9.49g (59.3%), Carbohydrates: 85.35g (28.45%), Net Carbohydrates: 82.18g (29.88%), Sugar: 11.67g (12.97%), Cholesterol: 52.03mg (17.34%), Sodium: 1688.58mg (73.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.95%), Vitamin K: 39.24µg (37.37%), Iron: 5.53mg (30.74%), Vitamin A: 998.62IU (19.97%), Phosphorus: 181.15mg (18.12%), Selenium: 11.93µg (17.04%), Vitamin B2: 0.28mg (16.75%), Calcium: 160.33mg (16.03%), Fiber: 3.18g (12.71%), Vitamin B3: 2.54mg (12.69%), Zinc: 1.64mg (10.96%), Vitamin B6: 0.17mg (8.58%), Vitamin B12: 0.5µg (8.33%), Vitamin B1: 0.12mg (8.17%), Potassium: 282.71mg (8.08%), Vitamin B5: 0.77mg (7.66%), Folate: 28.01µg (7%), Copper: 0.14mg (6.86%), Manganese: 0.11mg (5.51%), Vitamin E: 0.8mg (5.32%), Magnesium: 21.02mg (5.26%), Vitamin C: 3.56mg (4.31%), Vitamin D: 0.57µg (3.79%)