



Sausage Calzone

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz sausage meat italian
- ☐ 0.5 cup onion chopped
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 16 oz tomato sauce canned
- ☐ 0.5 cup water boiling
- ☐ 2 tablespoons vegetable oil
- ☐ 4 oz mozzarella cheese shredded
- ☐ 2 tablespoons parmesan shredded

☐ 3 cups frangelico

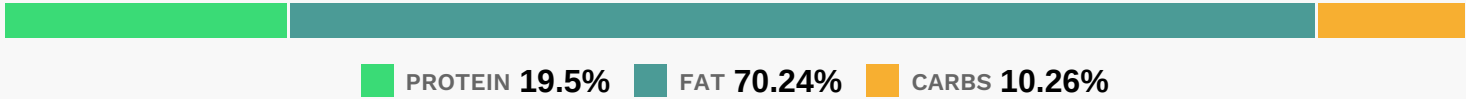
Equipment

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

Directions

- ☐ Heat oven to 450°F. In 10-inch skillet, cook sausage and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until sausage is no longer pink; drain. Stir in mushrooms and 1/2 cup of the pizza sauce; cook until thoroughly heated.
- ☐ In medium bowl, stir Bisquick mix, boiling water and oil until dough forms (add additional tablespoon of water if needed).
- ☐ Place dough on surface sprinkled with Bisquick mix; roll in Bisquick mix to coat. Shape dough into a ball; knead about 10 times or until smooth.
- ☐ Roll dough into 12-inch round.
- ☐ On ungreased cookie sheet, place dough round. Top half of dough with sausage mixture to within 1 inch of edge.
- ☐ Sprinkle mozzarella cheese over sausage mixture. Fold dough over filling; press edge with fork to seal.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake 14 to 18 minutes or until golden brown.
- ☐ Remove from cookie sheet to cutting board. Cool 5 minutes before cutting into 6 wedges.
- ☐ Heat remaining pizza sauce; spoon over each serving.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.85, Inflammation Score:-5, Nutrition Score:9.5630435321642%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 246.37kcal (12.32%), Fat: 19.53g (30.04%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.89g (4.32%), Cholesterol: 43.28mg (14.43%), Sodium: 746.53mg (32.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Phosphorus: 172.06mg (17.21%), Vitamin B3: 3.33mg (16.67%), Vitamin B2: 0.24mg (14.31%), Calcium: 133.46mg (13.35%), Vitamin B12: 0.78µg (13.01%), Potassium: 421.25mg (12.04%), Vitamin B6: 0.24mg (11.82%), Zinc: 1.72mg (11.46%), Vitamin K: 11.12µg (10.59%), Vitamin E: 1.58mg (10.5%), Vitamin B1: 0.15mg (10.12%), Vitamin A: 496.74IU (9.93%), Copper: 0.19mg (9.52%), Selenium: 6.09µg (8.69%), Vitamin B5: 0.86mg (8.56%), Vitamin C: 6.99mg (8.47%), Iron: 1.38mg (7.65%), Fiber: 1.57g (6.29%), Magnesium: 24.59mg (6.15%), Manganese: 0.12mg (5.8%), Vitamin D: 0.62µg (4.12%), Folate: 14.77µg (3.69%)