



Sausage Calzones

READY IN



35 min.

SERVINGS



4

CALORIES



1465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounce canned tomatoes chunky style crushed canned
- 1 handful flat parsley chopped
- 2 cloves garlic chopped
- 3 cloves garlic crushed
- 1 garlic infused olive oil extra-virgin chopped
- 1.3 pounds sausage raw sweet italian
- 1 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons olive oil extra-virgin (two turns around the pan)
- 4 servings drizzle olive oil

- 1 handful parmigiano grated for knots
- 1 handful parsley leaves italian chopped
- 9 servings grinds pepper black
- 2 tablespoons pimento chopped
- 20 ounce pizza dough prepared
- 0.5 teaspoon pepper flakes red crushed
- 2 cups ricotta
- 4 servings salt and pepper
- 2 cups mozzarella cheese shredded
- 0.3 teaspoon a couple pinches of ground freshly grated
- 0.3 teaspoon a couple pinches of ground freshly grated

Equipment

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven

Directions

- Preheat oven to 425 F.
- Brown sausage in a small skillet in a drizzle of olive oil.
- Transfer the cooked crumbled sausage to a paper towel lined plate to drain.
- Combine sausage with ricotta, parsley, garlic, Parmigiano, nutmeg, pepper, and pimento.
- Roll out doughs and halve cross-wise.
- Place a dough rectangle on a nonstick cookie sheet. Use 1/2 cup mozzarella on half of each dough rectangle and pile a mound of filling on half of the total area. Fold dough over and pinch edges to seal. The result is a rectangular turnover.
- For half-moon shaped calzones, trim excess dough.

- Roll dough bits into strips, tie in knots and brush with garlic oil and cheese. Garlic knots are fun to dip at the table.
- Bake calzones 15 minutes or until golden all over.
- Serve calzones with warm tomato, marinara, or pizza sauce for dipping.
- Cook's Note: For an additional time saver, 2 packages precooked sausage crumbles, 8 ounces each, may be substituted for raw Italian sausage used in the above recipe.
- Add olive oil to medium saucepan over moderate heat.
- Add garlic and crushed pepper to the heated olive oil; when pepper snaps and garlic sizzles, stir in crushed tomatoes. Season sauce with salt, pepper, and Italian seasoning. Cook for five minutes and stir in parsley.
- Serve.

Nutrition Facts

■ **PROTEIN 17.4%**
■ **FAT 57.86%**
■ **CARBS 24.74%**

Properties

Glycemic Index:88.25, Glycemic Load:6.53, Inflammation Score:-9, Nutrition Score:38.919130200925%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1464.51kcal (73.23%), Fat: 95.19g (146.45%), Saturated Fat: 35.13g (219.58%), Carbohydrates: 91.6g (30.53%), Net Carbohydrates: 84.49g (30.72%), Sugar: 20.02g (22.25%), Cholesterol: 216.51mg (72.17%), Sodium: 2946.62mg (128.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.42g (128.84%), Phosphorus: 682.9mg (68.29%), Calcium: 653.37mg (65.34%), Vitamin K: 65.44µg (62.33%), Iron: 9.89mg (54.92%), Vitamin B3: 10.23mg (51.17%), Vitamin B12: 2.99µg (49.78%), Vitamin B6: 0.96mg (47.81%), Zinc: 7.08mg (47.22%), Vitamin E: 6.7mg (44.64%), Vitamin B2: 0.72mg (42.38%), Selenium: 29.55µg (42.22%), Vitamin B1: 0.63mg (42.1%), Vitamin C: 33.57mg (40.69%), Vitamin A: 1985.13IU (39.7%), Potassium: 1267.48mg (36.21%), Manganese: 0.58mg (28.9%), Copper: 0.57mg (28.73%), Fiber: 7.11g (28.44%), Magnesium: 96.05mg (24.01%), Vitamin B5: 2.03mg (20.3%), Vitamin D: 2.44µg (16.26%), Folate: 54.78µg (13.7%)