



## Sausage, Fennel, and Provolone Calzones

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large eggs
- 2 cups fennel bulb thinly sliced ( 1 medium bulb)
- 4 ounces sausage sweet italian
- 1 cup onion vertically sliced
- 6 servings pizza dough all-purpose
- 3 ounces sharp provolone cheese grated
- 1.5 cups bell pepper red sliced
- 1 tablespoon water
- 1 tablespoon cornmeal yellow

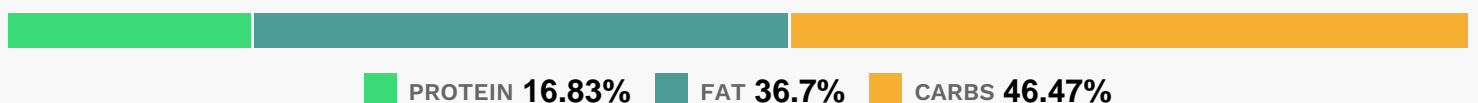
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

## Directions

- Remove casing from sausage. Cook sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- Add fennel, bell pepper, and onion. Cover, reduce heat, and cook for 9 minutes, stirring frequently. Cool slightly.
- Preheat oven to 45
- Divide the prepared dough evenly into 6 equal portions on a lightly floured surface; shape each piece into a ball.
- Roll each ball into a 6-inch circle.
- Combine egg and water with a whisk in a small bowl.
- Brush edge of each circle with egg mixture; reserve remaining egg mixture.
- Place 2/3 cup sausage mixture on half of each circle, leaving a 1-inch border, and sprinkle each with 2 tablespoons cheese. Fold dough over sausage mixture until edges almost meet. Bring bottom edge over top edge; crimp edges of dough with fingers to form a rim.
- Place the calzones on a baking sheet sprinkled with cornmeal.
- Brush tops with reserved egg mixture.
- Bake at 450 for 12 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:37.92, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:12.2760869888656%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

## Nutrients (% of daily need)

Calories: 303.02kcal (15.15%), Fat: 12.55g (19.3%), Saturated Fat: 5.33g (33.31%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 32.6g (11.85%), Sugar: 7.51g (8.34%), Cholesterol: 55.14mg (18.38%), Sodium: 682.98mg (29.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.89%), Vitamin C: 53.51mg (64.86%), Vitamin A: 1375.43IU (27.51%), Vitamin K: 20.48µg (19.51%), Phosphorus: 149.31mg (14.93%), Selenium: 9.77µg (13.96%), Calcium: 138.36mg (13.84%), Iron: 2.46mg (13.66%), Fiber: 3.15g (12.59%), Vitamin B6: 0.25mg (12.25%), Vitamin B1: 0.15mg (10.24%), Vitamin B2: 0.17mg (9.71%), Folate: 37.44µg (9.36%), Potassium: 321.83mg (9.2%), Manganese: 0.16mg (7.85%), Zinc: 1.15mg (7.68%), Vitamin B12: 0.45µg (7.55%), Vitamin B3: 1.26mg (6.32%), Vitamin E: 0.89mg (5.92%), Magnesium: 21.49mg (5.37%), Vitamin B5: 0.52mg (5.2%), Copper: 0.07mg (3.26%), Vitamin D: 0.24µg (1.58%)