



Sausage-Mushroom Pasta Calzones

READY IN



40 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound sausage meat
- ☐ 0.3 cup onion chopped
- ☐ 1 cup pasta sauce
- ☐ 6 square egg roll wrappers (6 1/2 square)
- ☐ 0.5 cup mushrooms sliced
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 0.3 cup gorgonzola crumbled

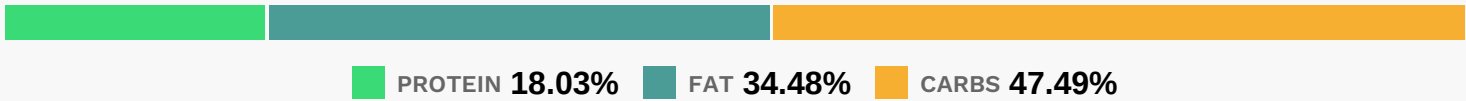
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400° F. Grease rectangular baking dish, 13x9x2 inches. Cook sausage and onion in 10-inch skillet over medium-high heat, stirring occasionally, until sausage is no longer pink; drain. Stir in spaghetti sauce; cook until hot.
- ☐ Spoon sausage mixture on half of each egg roll wrapper to within 1/2 inch of edge. Top with mushrooms, 1/2 cup of the mozzarella cheese and the Gorgonzola cheese. Moisten edges of wrappers lightly with water. Fold over filling; press edges to seal.
- ☐ Place in baking dish.
- ☐ Sprinkle with remaining mozzarella cheese.
- ☐ Bake uncovered 15 to 20 minutes or until calzones are hot and cheese begins to brown.
- ☐ Serve with additional spaghetti sauce in desired.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.04, Inflammation Score:-5, Nutrition Score:15.836521594421%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 449.81kcal (22.49%), Fat: 17.03g (26.21%), Saturated Fat: 6.94g (43.36%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 50.46g (18.35%), Sugar: 2.1g (2.35%), Cholesterol: 53.33mg (17.78%), Sodium: 1093.47mg (47.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.04g (40.08%), Selenium: 28.89µg (41.27%), Vitamin B1: 0.57mg (38.1%), Vitamin B3: 7.16mg (35.78%), Manganese: 0.61mg (30.32%), Vitamin B2: 0.5mg (29.38%), Phosphorus: 224.84mg (22.48%), Iron: 3.82mg (21.22%), Folate: 82.8µg (20.7%), Calcium: 171.15mg (17.11%), Zinc: 2.24mg (14.96%), Vitamin B12: 0.83µg (13.83%), Copper: 0.23mg (11.44%), Vitamin B6: 0.21mg (10.62%), Potassium: 346.31mg (9.89%), Fiber: 2.34g (9.34%), Magnesium: 34.67mg (8.67%), Vitamin A: 380.88IU (7.62%), Vitamin B5: 0.64mg (6.37%), Vitamin E: 0.71mg (4.73%), Vitamin C: 3.78mg (4.59%), Vitamin D: 0.61µg

(4.04%), Vitamin K: 1.87µg (1.78%)