



Skillet Calzone

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 irish oats french
- 1 serving pam original flavor shopping list
- 2 tablespoons parmesan cheese grated
- 1 lb ground beef 80% lean (at least)
- 1 small bell pepper green sliced
- 1 garlic clove finely chopped
- 14.5 oz tomatoes diced with italian-style herbs (or other variety), undrained canned
- 8 oz tomato sauce canned

4.5 oz mushrooms drained sliced

Equipment

frying pan

baking sheet

oven

Directions

Set oven control to broil.

Place bread slices on ungreased cookie sheet. Spray bread with cooking spray; sprinkle with cheese. Broil with tops 4 to 6 inches from heat 1 to 2 minutes or until light brown; set aside.

In 10-inch skillet, cook beef, bell pepper and garlic over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is brown; drain. Stir in tomatoes, pizza sauce and mushrooms. Cook 1 to 2 minutes or until hot.

Place 2 toasted bread slices on each of 4 serving plates; top with beef mixture.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:18.521304368973%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 349.39kcal (17.47%), Fat: 23.99g (36.9%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 8.16g (2.97%), Sugar: 5.55g (6.17%), Cholesterol: 82.69mg (27.56%), Sodium: 537.73mg (23.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.41%), Vitamin B12: 2.47µg (41.22%), Vitamin B3: 7.33mg (36.67%), Vitamin C: 29.3mg (35.52%), Zinc: 5.32mg (35.44%), Vitamin B6: 0.62mg (31.09%), Selenium: 21.4µg (30.57%), Phosphorus: 262.13mg (26.21%), Vitamin B2: 0.4mg (23.77%), Potassium: 809.18mg (23.12%), Iron:

4.07mg (22.61%), Copper: 0.32mg (16.11%), Vitamin E: 2.07mg (13.77%), Vitamin B5: 1.37mg (13.74%), Magnesium: 44.87mg (11.22%), Fiber: 2.75g (10.99%), Manganese: 0.2mg (10.17%), Vitamin B1: 0.15mg (9.81%), Vitamin A: 455.89IU (9.12%), Calcium: 87.47mg (8.75%), Vitamin K: 8.03µg (7.65%), Folate: 28.71µg (7.18%), Vitamin D: 0.19µg (1.26%)