



Skillet Calzone

READY IN



20 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bread french
- ☐ 14.5 oz tomatoes diced with italian-style herbs (or other variety), undrained canned
- ☐ 1 small bell pepper green sliced
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 8 oz tomato sauce canned

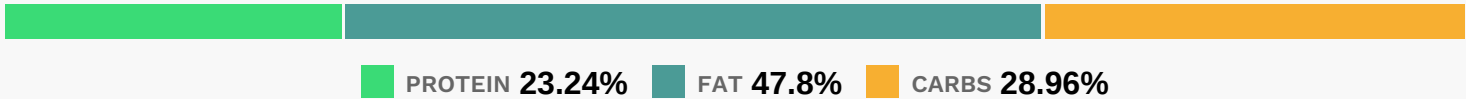
Equipment

- ☐ 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:36.42, Glycemic Load:15.55, Inflammation Score:-6, Nutrition Score:25.708260733148%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 493.79kcal (24.69%), Fat: 26.36g (40.55%), Saturated Fat: 9.55g (59.67%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 31.18g (11.34%), Sugar: 8.75g (9.72%), Cholesterol: 82.69mg (27.56%), Sodium: 802.47mg (34.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.83g (57.66%), Selenium: 37.42µg (53.46%), Vitamin B3: 10.46mg (52.3%), Manganese: 0.86mg (42.92%), Vitamin B12: 2.47µg (41.22%), Zinc: 5.89mg (39.26%), Vitamin C: 29.18mg (35.37%), Vitamin B6: 0.67mg (33.74%), Phosphorus: 333.22mg (33.32%), Iron: 5.99mg (33.28%), Vitamin B2: 0.54mg (32.02%), Potassium: 885.13mg (25.29%), Vitamin B1: 0.38mg (25.06%), Copper: 0.4mg (20.14%), Folate: 76.28µg (19.07%), Fiber: 4.75g (19.01%), Vitamin B5: 1.83mg (18.29%), Magnesium: 67.64mg (16.91%), Calcium: 155.11mg (15.51%), Vitamin E: 2.17mg (14.47%), Vitamin K: 10.76µg (10.25%), Vitamin A: 456.94IU (9.14%), Vitamin D: 0.19µg (1.26%)