 7%  
HEALTH SCORE

## Smoked Salmon and Mascarpone Calzone

READY IN



45 min.

SERVINGS



2

CALORIES



940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 servings pepper black
- 1 egg whites lightly beaten
- 2 servings olive oil extra virgin
- 1 small handful chives finely chopped
- 2 servings kosher salt
- 1 leek
- 0.5 cup mascarpone cheese
- 1 pizza dough
- 4 slices salmon smoked

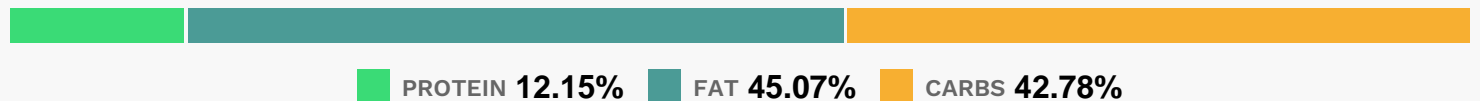
## Equipment

- bowl
- baking sheet
- baking paper
- oven

## Directions

- Preheat your oven to 450F and place the top rack in the lower third of your oven. Like a baking sheet with parchment paper (optional, for easier cleanup). Wash and pat dry the leek. Slice the leek lengthwise, then cut each half into long, very thin strips.
- Cut the strips into short pieces, about long. Set aside. Divide the dough into two equal parts, and roll out each into a 10 circle. Gently spread a thin layer of mascarpone on the surface of the dough, leaving at least a crust. In a small bowl, break up the smoked salmon using your fingers until it is fluffy. You want the filling of the calzone to be pretty even, or it will fall apart as you eat it. Divide the salmon between the two crusts, arranging it only on one side of the crust (in a half-moon shape), again leave at least a crust.
- Sprinkle the chives and leeks over the salmon, then lightly salt and pepper. Finally, drizzle with about 1 tsp of olive oil. Fold each calzone in half, making sure that the crusts line up. Using the tines of a fork, gently press down the edge all the way around the rounded side of the calzone to seal it. Make sure you get a tight seal this will help the calzone puff up during baking.
- Brush the tops of each calzone with egg white.
- Bake at 450F for about 15 minutes, or until golden brown and delicious.

## Nutrition Facts



## Properties

Glycemic Index:54.5, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:14.417826086957%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg,

Isorhamnetin: 0.14mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Taste

Sweetness: 30.03%, Saltiness: 71.82%, Sourness: 21.8%, Bitterness: 9.01%, Savoriness: 36.49%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 940.41kcal (47.02%), Fat: 47.28g (72.74%), Saturated Fat: 19.58g (122.38%), Carbohydrates: 100.96g (33.65%), Net Carbohydrates: 97.15g (35.33%), Sugar: 14g (15.56%), Cholesterol: 65.45mg (21.82%), Sodium: 1985.95mg (86.35%), Protein: 28.68g (57.36%), Vitamin D: 6.84µg (45.6%), Iron: 6.69mg (37.15%), Vitamin A: 1651.72IU (33.03%), Vitamin K: 33.81µg (32.2%), Selenium: 16.43µg (23.47%), Vitamin B12: 1.32µg (21.96%), Vitamin E: 2.97mg (19.8%), Fiber: 3.81g (15.24%), Manganese: 0.24mg (12.16%), Calcium: 113mg (11.3%), Vitamin B6: 0.22mg (10.93%), Vitamin B3: 2.1mg (10.48%), Phosphorus: 84.74mg (8.47%), Folate: 32µg (8%), Vitamin C: 6.5mg (7.88%), Copper: 0.15mg (7.67%), Vitamin B2: 0.12mg (7.18%), Magnesium: 22.33mg (5.58%), Potassium: 181.98mg (5.2%), Vitamin B5: 0.45mg (4.47%), Vitamin B1: 0.04mg (2.54%), Zinc: 0.19mg (1.3%)