



## Smoked Salmon and Mozzarella Calzone

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large eggs
- 1 large egg yolk
- 4 ounces mozzarella fresh thinly sliced
- 1 teaspoon kosher salt
- 8 ounces roma tomatoes cored ( 2 to 3 medium tomatoes)
- 4 ounces salmon smoked thinly sliced
- 1 teaspoon water

### Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- sieve
- colander

## Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Place a baking sheet on the rack while the oven is heating. Meanwhile, combine the tomatoes and salt in a colander or strainer set over a bowl and let sit for 20 minutes to drain.
- Whisk together the egg, egg yolk, and water in a small bowl until combined; set aside. Divide the pizza dough into 4 pieces. On a lightly floured surface, roll each piece into a paper-thin round about 12 inches in diameter.
- Place a quarter of the salmon on the bottom left side of each dough round, about 1 inch from the edge. Top with a quarter of the drained tomatoes, followed by a quarter of the mozzarella.
- Brush a 1-inch-wide border of each dough round with the egg mixture, then fold each dough round in half and then fold in half again (it will resemble a quarter-circle shape). Using a fork, crimp the edges of each calzone to seal in the filling, then trim any excess dough so the edges are even.
- Transfer the calzones onto a sheet of parchment paper.
- Brush the tops and edges of the calzones with the egg mixture.
- Remove the hot baking sheet to a wire rack. Slide the calzones and parchment onto the baking sheet and bake until golden brown and puffed around the edges, about 20 minutes.
- Serve immediately. Beverage pairing: Bubbles are always a good choice when salmon is involved—texturally a sparkling wine contrasts the creaminess, while the light, fruity flavors complement the tomatoes and fish. The 2002 J Vineyards brut from Northern California fills the bill.

## Nutrition Facts



■ PROTEIN 35.76% ■ FAT 56.53% ■ CARBS 7.71%

## Properties

Glycemic Index:16.25, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:10.873478257138%

## Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 159.98kcal (8%), Fat: 9.99g (15.37%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 3.07g (1.02%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.85g (2.06%), Cholesterol: 121.32mg (40.44%), Sodium: 1004.07mg (43.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.43%), Vitamin D: 5.44µg (36.27%), Vitamin B12: 1.76µg (29.41%), Selenium: 20.22µg (28.89%), Phosphorus: 201.78mg (20.18%), Calcium: 164.83mg (16.48%), Vitamin A: 817.39IU (16.35%), Vitamin B2: 0.2mg (11.72%), Vitamin C: 7.77mg (9.42%), Vitamin B3: 1.71mg (8.57%), Vitamin B6: 0.17mg (8.54%), Zinc: 1.27mg (8.48%), Vitamin E: 0.98mg (6.56%), Vitamin B5: 0.66mg (6.56%), Potassium: 227.54mg (6.5%), Folate: 23.14µg (5.78%), Copper: 0.11mg (5.73%), Vitamin K: 5.23µg (4.98%), Iron: 0.86mg (4.77%), Magnesium: 18.75mg (4.69%), Manganese: 0.09mg (4.26%), Vitamin B1: 0.05mg (3.23%), Fiber: 0.68g (2.72%)