



Spicy Shanghai Calzones

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons active yeast dry
- ☐ 1.5 cups baby portobello mushrooms sliced
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup so delicious dairy free cultured coconut milk unsweetened (Yogurt)
- ☐ 2 tablespoons so delicious dairy free original culinary coconut milk
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 cloves garlic minced

- ☐ 2 teaspoons ginger minced
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup kale diced
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 cup onion diced red
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.5 teaspoon sea salt
- ☐ 1 tablespoon soya sauce
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable stock
- ☐ 0.5 cup warm water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ stove
- ☐ bread machine

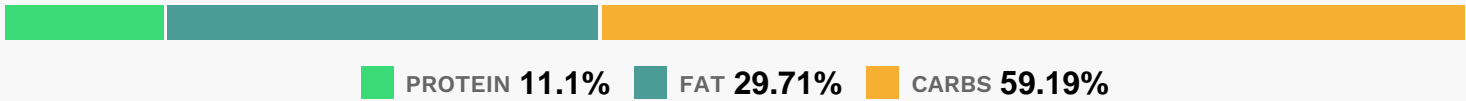
Directions

- ☐ Preheat oven to 375°F. Line a baking sheet with parchment paper.
- ☐ Place dough ingredients in the bowl of a bread maker and place on 'dough' setting. In a small bowl, whisk together vegetable stock and soy sauce. While dough is coming together, heat

peanut oil in a large skillet over medium-low heat.

- ☐ Add diced onion and cook, stirring occasionally, until onions are golden, 7-10 minutes.
- ☐ Remove onions from pan and place in a medium mixing bowl. Return pan to stove and turn heat to high.
- ☐ Pour stock mixture into piping hot pan and deglaze. Once pan has deglazed, turn heat back to medium and add mushrooms, kale, garlic, peppers, ginger, and red pepper flakes. Cook, stirring frequently, for 3-4 minutes or until vegetables have softened. In a small bowl, whisk together coconut milk and corn starch.
- ☐ Pour coconut milk mixture into pan with vegetables and cook, stirring constantly, until thickened, 2-3 minutes.
- ☐ Remove from heat and pour vegetables into bowl with the onion, and stir to combine. Cover and set aside. Once dough cycle has completed, remove dough from bread machine and let rest 5 minutes. Separate dough into two balls of equal size. On a floured work surface, roll each ball of dough into a 12-inch circle.
- ☐ Remove cover from the mixing bowl and stir in cultured coconut milk, salt, and pepper until combined. Scoop half the vegetable mixture onto one half of each dough circle, leaving at least 2 inches of dough uncovered on the edges. Fold the uncovered side of the circle over the vegetable mixture, pinching and folding to seal the edges. Press down on the edges with the tines of a fork to seal completely, then poke the top of each Stromboli gently with the fork 4-5 times.
- ☐ Place finished calzones on parchment-lined baking sheet.
- ☐ Brush beaten egg on the top of each calzone before placing it in the oven.
- ☐ Bake for 20-25 minutes in preheated oven until calzones are golden brown and cooked through.
- ☐ Remove from heat and let sit 5-10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:104.48, Glycemic Load:36.58, Inflammation Score:-9, Nutrition Score:18.75652202316%

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 Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 392.06kcal (19.6%), Fat: 12.97g (19.95%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 58.12g (19.37%), Net Carbohydrates: 54.31g (19.75%), Sugar: 4.93g (5.48%), Cholesterol: 40.92mg (13.64%), Sodium: 613.25mg (26.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.79%), Selenium: 31.73µg (45.33%), Vitamin B1: 0.67mg (44.9%), Folate: 170.61µg (42.65%), Vitamin B3: 6.67mg (33.33%), Manganese: 0.63mg (31.68%), Vitamin B2: 0.52mg (30.65%), Vitamin C: 22.51mg (27.29%), Iron: 3.77mg (20.92%), Vitamin E: 2.47mg (16.49%), Vitamin K: 16.94µg (16.13%), Phosphorus: 156.83mg (15.68%), Fiber: 3.81g (15.23%), Vitamin B6: 0.29mg (14.45%), Copper: 0.28mg (13.76%), Vitamin A: 570.39IU (11.41%), Potassium: 368.31mg (10.52%), Vitamin B5: 1.04mg (10.45%), Calcium: 72.55mg (7.25%), Zinc: 1.04mg (6.95%), Magnesium: 26.06mg (6.52%), Vitamin B12: 0.35µg (5.92%), Vitamin D: 0.58µg (3.89%)