



## Spinach and Red-Pepper Calzones

READY IN



50 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 cups baby spinach packed
- ☐ 1.5 tablespoons cornmeal
- ☐ 2 garlic clove finely chopped
- ☐ 0.5 pound mozzarella cheese smoked cut into 16 pieces
- ☐ 3 tablespoons olives black pitted coarsely chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 large onion halved sliced lengthwise
- ☐ 1 pound pizza dough thawed store-bought
- ☐ 4 roasted peppers red dry rinsed cut into 1-inch pieces (1 cup)

# Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

# Directions

- ☐ Preheat oven to 500°F with rack in lowest position.
- ☐ Sprinkle cornmeal on a large baking sheet.
- ☐ Cook onion with 1/4 teaspoon salt in 2 tablespoons oil in a large heavy skillet over medium heat, stirring occasionally, until beginning to brown, 8 to 10 minutes.
- ☐ Add garlic and cook until fragrant, about 1 minute.
- ☐ Add spinach and cook, stirring frequently, until wilted, about 2 minutes. Stir in red peppers, olives, and pepper to taste.
- ☐ Remove from heat.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 14-inch round, then cut into quarters.
- ☐ Roll out 1 quarter into an 8-inch square (keep remaining pieces covered) and arrange with a corner nearest you. Put one fourth of filling on lower half, leaving a 1-inch border, and top with 4 pieces of cheese. Fold dough over to enclose filling. Seal edges. Beginning in 1 corner, stretch sealed edge outward, pinching and rolling dough up over edge to resemble a rope, working your way around.
- ☐ Transfer to baking sheet. Make 3 more calzones in same manner.
- ☐ Cut 3 steam vents in top of each and brush with remaining tablespoon oil.
- ☐ Bake until golden-brown, 13 to 15 minutes. Cool 5 minutes before serving.
- ☐ Filling (without cheese) can be made 1 day ahead and chilled. Bring to room temperature before using.

# Nutrition Facts



 **PROTEIN 15.78%**  **FAT 41.32%**  **CARBS 42.9%**

Properties

Glycemic Index:46.13, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:25.583043461261%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg

Nutrients (% of daily need)

Calories: 602.67kcal (30.13%), Fat: 28.22g (43.41%), Saturated Fat: 10.01g (62.57%), Carbohydrates: 65.92g (21.97%), Net Carbohydrates: 61.23g (22.27%), Sugar: 9.56g (10.63%), Cholesterol: 44.79mg (14.93%), Sodium: 1825.02mg (79.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.51%), Vitamin K: 297.69µg (283.52%), Vitamin A: 6226.35IU (124.53%), Vitamin C: 37.31mg (45.22%), Calcium: 375.69mg (37.57%), Manganese: 0.71mg (35.6%), Folate: 134.91µg (33.73%), Iron: 5.54mg (30.77%), Phosphorus: 259.36mg (25.94%), Vitamin B12: 1.29µg (21.55%), Vitamin E: 3.09mg (20.59%), Fiber: 4.68g (18.74%), Magnesium: 71.61mg (17.9%), Vitamin B2: 0.3mg (17.68%), Selenium: 11.03µg (15.76%), Zinc: 2.24mg (14.93%), Vitamin B6: 0.29mg (14.57%), Potassium: 507.38mg (14.5%), Copper: 0.17mg (8.39%), Vitamin B1: 0.11mg (7.05%), Vitamin B3: 0.86mg (4.29%), Vitamin B5: 0.21mg (2.12%), Vitamin D: 0.23µg (1.51%)