

health-score 67%

HEALTH SCORE

Spinach and Ricotta Calzone

 Vegetarian  Gluten Free  Very Healthy

READY IN

ready

200 min.

SERVINGS

servings

1

CALORIES

calories

1415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sheets coarse cornmeal for dusting
- ☐ 1 small ball mozzarella cheese fresh grated
- ☐ 5 ounces pkt spinach frozen thawed chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 5 grinds pepper black
- ☐ 1 cup milk ricotta cheese whole

Equipment

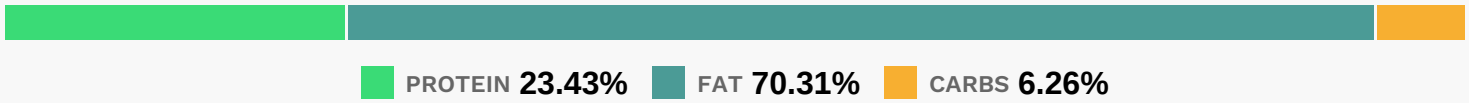
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Lightly dust the work surface and rolling pin with flour.
- ☐ Roll the dough out into an 8 by 11-inch oval.
- ☐ In a medium bowl, mix the spinach, ricotta, and mozzarella and season with salt and pepper, to taste.
- ☐ Place all the filling on 1 half of the dough leaving a 3/4-inch border along the edge.
- ☐ Fold the remaining dough over the filling until the edges line up and pinch the edges together to seal. Gently roll the pinched edges under to form a decorative rim.
- ☐ Place the calzone on a baking sheet dusted with cornmeal and brush the top with olive oil.
- ☐ Bake until golden brown and the center is hot and melted, 25 minutes, rotating midway through cooking.
- ☐ package active dry yeast
- ☐ 1/4 cup warm water, about 110 degrees F
- ☐ teaspoon sugar
- ☐ tablespoon extra-virgin olive oil
- ☐ 3/4 cups all-purpose flour, plus extra for kneading
- ☐ teaspoon salt
- ☐ In a small mixing bowl, whisk together yeast, warm water, sugar and olive oil.

- ☐ Let sit for about 3 minutes to fully dissolve and activate the yeast.
- ☐ In a large mixing bowl, whisk together flour and salt.
- ☐ With a rubber spatula, gradually mix the yeast mixture into the flour until just combined and dough barely holds together. Turn the dough out onto a clean counter surface dusted with flour.
- ☐ Knead the dough with flour-dusted hands until the dough has become smooth and elastic, about 10 minutes. The surface should be tight and silky and bounce back slightly when pressed. Lightly grease a large mixing bowl with olive oil and place the dough in it.
- ☐ Cover the bowl tightly with plastic wrap and set in a warm place to rise until doubled in size, 1 to 2 hours.
- ☐ Once doubled, punch the dough down and divide it into 2 equal pieces. Knead each 1 slightly to form a uniform ball. Set aside and cover them with a kitchen towel or plastic wrap to rest for 30 minutes.
- ☐ Cook's Note: Dough can be made the day before and refrigerated overnight once it is divided. Keep covered tightly in plastic wrap or in a sealed food storage bag.

Nutrition Facts



Properties

Glycemic Index:154.5, Glycemic Load:4.43, Inflammation Score:-10, Nutrition Score:51.403478311456%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 1414.54kcal (70.73%), Fat: 111.73g (171.89%), Saturated Fat: 54.3g (339.36%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 16.91g (6.15%), Sugar: 3.97g (4.41%), Cholesterol: 305.02mg (101.67%), Sodium: 3475.94mg (151.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.79g (167.58%), Vitamin K: 560.27µg (533.59%), Vitamin A: 19280.04IU (385.6%), Calcium: 1861.08mg (186.11%), Phosphorus: 1271.49mg (127.15%), Selenium: 83.19µg (118.85%), Vitamin B12: 6µg (99.93%), Manganese: 1.73mg (86.46%), Vitamin B2: 1.45mg (85.33%), Zinc: 10.36mg (69.1%), Folate: 252.3µg (63.08%), Vitamin E: 8.9mg (59.34%), Magnesium: 188.46mg (47.11%), Iron: 5.3mg (29.46%), Potassium: 992.92mg (28.37%), Vitamin B6: 0.45mg (22.73%), Fiber: 5.47g (21.88%), Copper: 0.35mg (17.57%), Vitamin B1: 0.24mg (16.11%), Vitamin B5: 1.06mg (10.56%), Vitamin C: 7.8mg (9.45%), Vitamin D: 1.4µg (9.33%), Vitamin B3: 1.29mg (6.47%)