



## Spinach Calzone

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon garlic powder
- ☐ 0.8 cup cottage cheese 1% low-fat
- ☐ 0.5 cup cream sour low-fat
- ☐ 3 tablespoons parmesan fresh grated
- ☐ 1 ounce part-skim mozzarella cheese shredded
- ☐ 1.5 cups pasta sauce fat-free italian (such as Muir Glen)
- ☐ 10 ounce pizza dough refrigerated canned
- ☐ 7 ounce roasted peppers red drained chopped

- ☐ 1 ounce sharp cheddar cheese shredded reduced-fat
- ☐ 10 ounce spinach frozen dry thawed drained chopped

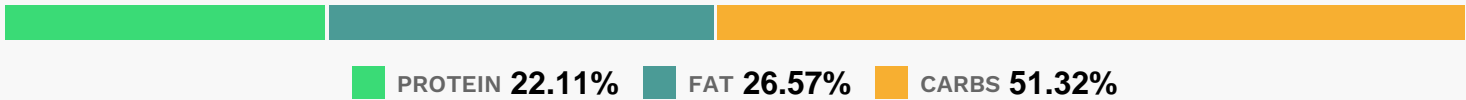
## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Preheat oven to 425
- ☐ Combine first 4 ingredients; beat with a mixer at medium speed 2 minutes or until well-blended. Stir in spinach, bell peppers, garlic powder, and black pepper.
- ☐ Unroll pizza crust onto a baking sheet coated with cooking spray; pat into a 14 x 10-inch rectangle.
- ☐ Spread spinach mixture over half of the crust, leaving a 1-inch border.
- ☐ Sprinkle mozzarella and cheddar over spinach mixture. Fold dough over filling; press edges together to seal.
- ☐ Bake at 425 for 15 minutes or until browned. Cool on a wire rack 5 minutes.
- ☐ Heat pasta sauce in a small saucepan over medium heat.
- ☐ Cut calzone into 6 squares, and top with sauce.

## Nutrition Facts



## Properties

Glycemic Index:22.67, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:20.232173883397%

## Nutrients (% of daily need)

Calories: 239.94kcal (12%), Fat: 7.35g (11.3%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 28.48g (10.36%), Sugar: 6.33g (7.03%), Cholesterol: 17.29mg (5.76%), Sodium: 1350.81mg (58.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.51%), Vitamin K: 177.98µg (169.5%), Vitamin A: 6142.14IU (122.84%), Vitamin C: 22.44mg (27.21%), Manganese: 0.47mg (23.45%), Calcium: 228.06mg (22.81%), Folate: 86.66µg (21.66%), Iron: 3.15mg (17.49%), Phosphorus: 160.84mg (16.08%), Vitamin B2: 0.27mg (15.85%), Vitamin E: 2.36mg (15.76%), Magnesium: 55.58mg (13.9%), Fiber: 3.46g (13.84%), Potassium: 475.59mg (13.59%), Selenium: 9.14µg (13.06%), Vitamin B6: 0.24mg (12.03%), Copper: 0.2mg (9.99%), Zinc: 1.05mg (7%), Vitamin B12: 0.38µg (6.29%), Vitamin B1: 0.09mg (5.76%), Vitamin B3: 1.1mg (5.49%), Vitamin B5: 0.35mg (3.46%)