



Spinach Calzones with Blue Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces cheese blue crumbled
- ☐ 1.3 cups button mushrooms sliced
- ☐ 4 garlic cloves minced
- ☐ 10 ounce pizza crust refrigerated canned
- ☐ 4 cups spinach leaves
- ☐ 1 inch vidalia sweet

Equipment

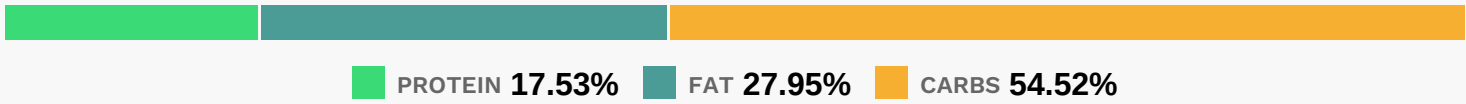
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Unroll dough onto a baking sheet coated with cooking spray; cut into 4 quarters. Pat each quarter into a 6 x 5-inch rectangle.
- ☐ Sprinkle garlic evenly over rectangles. Top each rectangle with 1 cup spinach, 2 onion slices, 1/3 cup mushrooms, and 3 tablespoons cheese. Bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching all points together to seal.
- ☐ Bake at 425 for 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:15.484347742537%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 268.02kcal (13.4%), Fat: 8.54g (13.14%), Saturated Fat: 4.56g (28.5%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 35.37g (12.86%), Sugar: 5.32g (5.91%), Cholesterol: 15.95mg (5.32%), Sodium: 782.79mg (34.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.1%), Vitamin K: 145.46µg (138.54%), Vitamin A: 2975.61IU (59.51%), Folate: 71.53µg (17.88%), Manganese: 0.34mg (16.83%), Iron: 3.01mg (16.7%), Vitamin B2: 0.27mg (15.88%), Calcium: 148.48mg (14.85%), Phosphorus: 129.27mg (12.93%), Vitamin C: 10.07mg (12.2%), Selenium: 6.79µg (9.7%), Potassium: 336.38mg (9.61%), Vitamin B5: 0.88mg (8.85%), Fiber: 2.11g (8.45%), Vitamin B6: 0.17mg (8.26%), Magnesium: 32.28mg (8.07%), Vitamin B3: 1.61mg (8.06%), Copper: 0.16mg (7.93%), Zinc: 0.93mg (6.18%), Vitamin B12: 0.27µg (4.54%), Vitamin E: 0.67mg (4.45%), Vitamin B1: 0.06mg (4.12%), Vitamin D: 0.17µg (1.14%)