



Strawberry Rhubarb Calzone

READY IN



60 min.

SERVINGS



4

CALORIES



1579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon anise seed
- ☐ 1 eggs with 1 tablespoon water beaten
- ☐ 4 tablespoons flour all-purpose
- ☐ 4 pizza dough rounds prepared
- ☐ 3 pounds rhubarb fresh sliced into 1-inch pieces
- ☐ 2 pints strawberries fresh thinly sliced
- ☐ 0.5 cup crystal sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1 vanilla pod split

☐ 1.5 cups sugar white

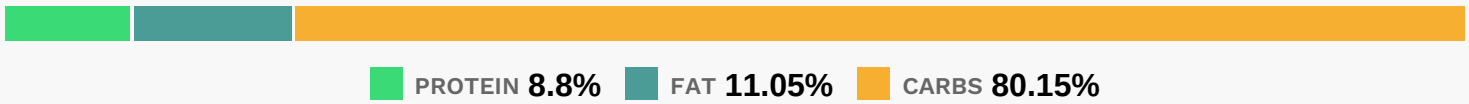
Equipment

- ☐ oven
- ☐ pot
- ☐ cutting board

Directions

- ☐ Add all the filling ingredients to a sauce pot and bring up to a simmer. Simmer for 5 minutes and let cool. Refrigerate for 20 minutes.
- ☐ Preheat oven to 375 degrees F.
- ☐ Lightly flour a cutting board and roll out each dough to approximately 8-inches in diameter.
- ☐ Sprinkle on sugar and anise seed and gently roll into dough to incorporate. Turn over (sugar side down) and fill with 1/2 cup filling, brush sides with egg wash and fold over and seal using pie crust fold. Pierce the top with a fork and bake in preheated oven until medium brown.
- ☐ Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:68.3, Glycemic Load:80.56, Inflammation Score:-8, Nutrition Score:28.686087023305%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 14.74mg, Catechin: 14.74mg, Catechin: 14.74mg, Catechin: 14.74mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epicatechin 3-gallate: 2.4mg, Epicatechin 3-gallate: 2.4mg, Epicatechin 3-gallate: 2.4mg, Epicatechin 3-gallate: 2.4mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg

1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1579.49kcal (78.97%), Fat: 20.01g (30.78%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 326.51g (108.84%), Net Carbohydrates: 309.37g (112.5%), Sugar: 139.38g (154.86%), Cholesterol: 15.05mg (5.02%), Sodium: 2845.31mg (123.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.7%), Vitamin C: 166.64mg (201.99%), Vitamin K: 105.39µg (100.38%), Manganese: 1.67mg (83.5%), Iron: 13.23mg (73.5%), Fiber: 17.14g (68.57%), Potassium: 1375.06mg (39.29%), Calcium: 344.07mg (34.41%), Folate: 94.68µg (23.67%), Magnesium: 75.97mg (18.99%), Vitamin B2: 0.22mg (12.76%), Vitamin B1: 0.19mg (12.61%), Vitamin B3: 2.43mg (12.13%), Phosphorus: 120.79mg (12.08%), Vitamin E: 1.77mg (11.81%), Selenium: 7.98µg (11.39%), Vitamin A: 554.98IU (11.1%), Copper: 0.22mg (10.92%), Vitamin B6: 0.21mg (10.31%), Vitamin B5: 0.64mg (6.37%), Zinc: 0.82mg (5.47%)