



Tex-Mex Calzones

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili powder
- 2 garlic clove minced
- 0.5 cup bell pepper green chopped
- 0.8 teaspoon ground cumin
- 8 ounces pd of ground turkey
- 0.5 cup onion chopped
- 11 ounce uncook pizza crust refrigerated canned
- 0.5 cup bell pepper red chopped
- 0.5 cup salsa verde fat-free

- 3 ounces cheddar cheese
- 0.3 cup cream fat-free sour

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 42
- Heat a large nonstick skillet over medium-high heat.
- Add ground turkey to pan; cook 3 minutes, stirring to crumble.
- Add onion and next 5 ingredients (through garlic) to pan; cook 4 minutes or until vegetables are crisp-tender, stirring mixture occasionally.
- Remove turkey mixture from heat; stir in salsa.
- Unroll dough; divide into 4 equal portions.
- Roll each portion into a 6 x 4inch rectangle. Working with one rectangle at a time, spoon about 1/2 cup turkey mixture on one side of dough. Top with 3 tablespoons cheese; fold dough over turkey mixture, and press edges together with a fork to seal.
- Place on a baking sheet coated with cooking spray. Repeat procedure with remaining dough and turkey mixture.
- Bake at 425 for 12 minutes or until browned.
- Serve with sour cream.
- Combine 1 (15-ounce) can rinsed and drained black beans, 1 cup quartered cherry tomatoes, 1/2 cup chopped red onion, 1/4 cup chopped celery, 2 tablespoons fresh lime juice, 2 tablespoons chopped fresh cilantro, and 1 tablespoon olive oil in a medium bowl; toss well to coat.

Nutrition Facts



■ PROTEIN 26.9% ■ FAT 25.84% ■ CARBS 47.26%

Properties

Glycemic Index:26, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:14.094347850136%

Flavonoids

Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 397.07kcal (19.85%), Fat: 11.38g (17.51%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 44.43g (16.16%), Sugar: 5.38g (5.98%), Cholesterol: 52.68mg (17.56%), Sodium: 801.88mg (34.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.31%), Vitamin C: 41.87mg (50.75%), Vitamin B6: 0.65mg (32.36%), Vitamin B3: 5.89mg (29.45%), Phosphorus: 254.77mg (25.48%), Calcium: 245.45mg (24.55%), Selenium: 16.88µg (24.12%), Vitamin A: 1098.99IU (21.98%), Iron: 3.19mg (17.7%), Zinc: 1.86mg (12.4%), Potassium: 379.91mg (10.85%), Vitamin B2: 0.18mg (10.61%), Vitamin B12: 0.59µg (9.9%), Fiber: 2.38g (9.53%), Magnesium: 31.41mg (7.85%), Vitamin B5: 0.67mg (6.65%), Manganese: 0.12mg (5.96%), Folate: 23.26µg (5.82%), Vitamin B1: 0.08mg (5.44%), Vitamin E: 0.57mg (3.79%), Copper: 0.07mg (3.7%), Vitamin K: 3.21µg (3.06%), Vitamin D: 0.33µg (2.22%)