



The Vegan Party Monster Calzone

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 mild banana pepper rings
- ☐ 1 favorite bread dough green (it's in Vegan Sandwiches!)
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 140 g mushrooms sliced
- ☐ 15 ml olive oil
- ☐ 160 g onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 6 servings salt and pepper to taste

- ☐ 168 g mushroom tomato store-bought for now thin (it's also in the book, so use)
- ☐ 168 g gobbler thin
- ☐ 168 g gobbler thin

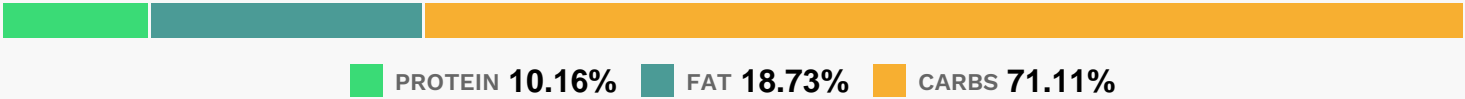
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the onion and cook for 2 minutes, then add the mushrooms, oregano, and thyme. Cook for 5 minutes longer, or until the vegetables are softened. Season to taste with salt and pepper.
- ☐ Let cool before using. After the bread has risen, dump it onto a lightly floured work surface, and roll it into a 12 x 16-inch (30 x 40-cm) rectangle. With the short side across, on the center 6 inches (15 cm), layer half the Mushroom Tomato and Gobbler Slices, all of the onion/mushroom mixture, the remaining Mushroom Tomato and Gobbler Slices, and the pepper rings. Leave 1 inch (2.5 cm) at the top and bottom without filling. Using a knife, make 6 to 8 cuts on each side of the filling, perpendicular to the filling. Make an equal number of cuts on each side. This is the part that will be braided. Starting at the top, fold an empty strip of dough over the end of the filling. Alternating sides, pull one strip from each side across the filling. Continue until you reach the last strips on each side. Fold the bottom in, then finish the braid. Pat with your hands to help seal the braided strips closed. Spray a baking sheet with nonstick spray and carefully transfer the braid to the sheet.
- ☐ Let rise, covered with a towel, for 30 minutes, or until nicely puffed. Preheat the oven to 350°F (180°C, or gas mark 4).
- ☐ Transfer the baking sheet to the oven and bake for 30 to 35 minutes, or until the bottom is browned.
- ☐ Transfer to a rack and let cool for a few minutes before cutting.
- ☐ Cut into six 2-inch (5-cm) strips and serve.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:3.685217405143%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 232.42kcal (11.62%), Fat: 4.65g (7.15%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 37.17g (13.52%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 551.9mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Fiber: 2.54g (10.14%), Vitamin C: 6.32mg (7.66%), Vitamin B2: 0.11mg (6.29%), Vitamin B3: 1.05mg (5.23%), Potassium: 180.95mg (5.17%), Copper: 0.1mg (5.11%), Vitamin A: 236.77IU (4.74%), Vitamin K: 4.93µg (4.69%), Manganese: 0.09mg (4.26%), Vitamin B5: 0.41mg (4.08%), Vitamin B6: 0.08mg (3.99%), Phosphorus: 34.73mg (3.47%), Folate: 13.55µg (3.39%), Vitamin E: 0.51mg (3.37%), Selenium: 2.31µg (3.3%), Vitamin B1: 0.04mg (2.79%), Magnesium: 8.17mg (2.04%), Iron: 0.34mg (1.92%), Zinc: 0.22mg (1.46%), Calcium: 11.89mg (1.19%)