



Three Cheese and Artichoke Calzones

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more for sprinkling
- ☐ 1 large egg white beaten
- ☐ 6 servings flour all-purpose
- ☐ 0.3 cup fontina shredded
- ☐ 4 ounces artichoke hearts frozen thawed
- ☐ 2 teaspoons juice of lemon
- ☐ 1 lemon zest
- ☐ 6 servings olive oil extra-virgin for drizzling

- ☐ 0.5 cup pecorino cheese shredded finely
- ☐ 1 pound purchased pizza dough
- ☐ 0.3 teaspoon salt plus more for sprinkling
- ☐ 0.5 cup milk ricotta whole
- ☐ 0.3 cup sun-dried tomatoes thinly sliced
- ☐ 6 servings serving suggestion: tomato-basil sauce warmed
- ☐ 6 servings cornmeal yellow

Equipment

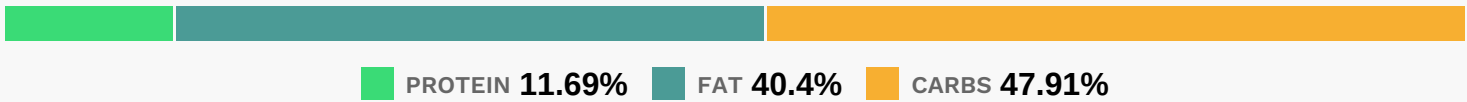
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Position a rack in the center of the oven and preheat to 400 degrees F. Lightly sprinkle a heavy nonstick baking sheet with cornmeal. Set aside.
- ☐ In the bowl of the food processor, add the artichoke hearts, Pecorino Romano, ricotta, fontina, sun-dried tomatoes, lemon juice, salt, pepper and lemon zest. Pulse until combined and chunky.
- ☐ Using a knife, cut the pizza dough into quarters. On a lightly floured surface, roll out the dough into four 6-inch circles, each about 1/4-inch thick. Using a pastry brush, brush the dough with the egg white.
- ☐ Place a quarter of the filling on one side of each circle of dough. Fold the dough over the filling, forming a half circle. Pinch the edges of dough firmly together and crimp to seal.
- ☐ Place the prepared individual calzone on the prepared baking sheet.
- ☐ Drizzle the calzones with extra-virgin olive oil.

- ☐
- Sprinkle lightly with salt and pepper. Using a sharp knife, cut a slit on the top of each calzone.
- ☐
- Bake until golden brown and the filling is bubbling, 30 to 35 minutes.
- ☐
- Serve alongside warmed tomato–basil sauce.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:9.57, Inflammation Score:-7, Nutrition Score:11.705217402914%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 561.32kcal (28.07%), Fat: 25.42g (39.1%), Saturated Fat: 6.36g (39.78%), Carbohydrates: 67.83g (22.61%), Net Carbohydrates: 60.12g (21.86%), Sugar: 16.86g (18.74%), Cholesterol: 19.61mg (6.54%), Sodium: 1303.71mg (56.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.09%), Fiber: 7.71g (30.84%), Iron: 4.11mg (22.81%), Calcium: 206.76mg (20.68%), Potassium: 700.21mg (20.01%), Vitamin A: 954.7IU (19.09%), Phosphorus: 168.33mg (16.83%), Vitamin E: 2.11mg (14.09%), Manganese: 0.26mg (13.05%), Vitamin C: 10.73mg (13.01%), Folate: 45.78µg (11.44%), Vitamin B2: 0.19mg (11.44%), Vitamin K: 11.01µg (10.49%), Selenium: 7.2µg (10.29%), Vitamin B1: 0.14mg (9.42%), Magnesium: 34.23mg (8.56%), Zinc: 1.08mg (7.17%), Vitamin B3: 1.32mg (6.59%), Vitamin B6: 0.12mg (6.08%), Copper: 0.12mg (5.92%), Vitamin B12: 0.33µg (5.52%), Vitamin B5: 0.38mg (3.83%), Vitamin D: 0.31µg (2.06%)