



Three-Cheese Calzones

READY IN



20 min.

SERVINGS



4

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black
- ☐ 1 cup ricotta cheese fresh
- ☐ 1 cup tomatoes warmed jarred
- ☐ 4 ounces mozzarella cheese grated
- ☐ 2 tablespoons olive oil
- ☐ 1 ounce parmesan grated
- ☐ 1 pound pizza dough refrigerated
- ☐ 0.3 pound genoa salami thinly sliced
- ☐ 5 cups pkt spinach thick roughly chopped

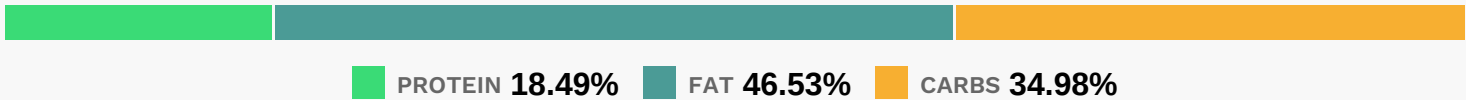
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 F. On a lightly floured surface, divide the dough into 4 equal portions and roll and stretch them into 8-inch rounds. In a large bowl, combine the ricotta, mozzarella, Parmesan, spinach, and 1/4 teaspoon pepper.
- ☐ Layer the salami on one side of each round of dough and top with the cheese mixture. Fold the dough over the filling and pinch the edges to seal.
- ☐ Brush the tops of the calzones with the oil.
- ☐ Transfer to a parchment-lined baking sheet and bake until golden, 12 to 15 minutes.
- ☐ Serve with the sauce. Tip: If the dough is too elastic and shrinks back when you roll it flat into full rounds, let it rest for 15 minutes before trying again.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:26.001739019933%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 700.51kcal (35.03%), Fat: 36.62g (56.34%), Saturated Fat: 15.29g (95.59%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 58.49g (21.27%), Sugar: 9.89g (10.98%), Cholesterol: 81.23mg (27.08%), Sodium: 2124.05mg (92.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.5%), Vitamin K: 188.67µg (179.69%), Vitamin A: 4305.03IU (86.1%), Calcium: 405.32mg (40.53%), Phosphorus: 347.49mg (34.75%), Selenium:

23.35µg (33.36%), Iron: 5.5mg (30.57%), Vitamin B12: 1.74µg (28.93%), Vitamin B2: 0.43mg (25.24%), Manganese: 0.45mg (22.41%), Folate: 88.77µg (22.19%), Vitamin B1: 0.33mg (21.8%), Zinc: 3.27mg (21.78%), Vitamin E: 2.79mg (18.6%), Vitamin C: 14.82mg (17.97%), Potassium: 592.89mg (16.94%), Vitamin B6: 0.33mg (16.65%), Magnesium: 60.83mg (15.21%), Fiber: 3.47g (13.88%), Vitamin B3: 2.58mg (12.9%), Copper: 0.18mg (9.21%), Vitamin B5: 0.72mg (7.2%), Vitamin D: 0.27µg (1.82%)