



Veggie Calzones

READY IN



50 min.

SERVINGS



8

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb pizza dough homemade store-bought for 3 pizzas
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 small bell pepper red finely chopped
- ☐ 1 small zucchini thinly sliced
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 2 cups pkt spinach fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup basil pesto

☐ 8 oz gouda cheese shredded

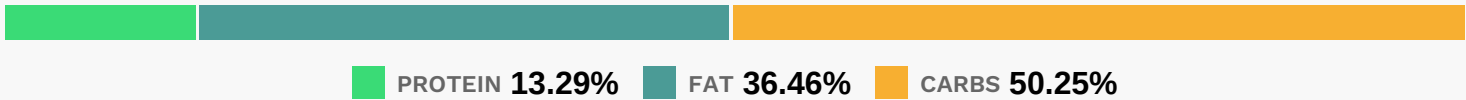
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Divide pizza dough into 8 pieces.
- ☐ Roll out each into 8-inch round disk.
- ☐ To make filling, in 10-inch skillet, heat oil over medium to medium-high heat.
- ☐ Add onion, bell pepper, zucchini and mushrooms; cook 5 to 7 minutes or until vegetables begin to soften.
- ☐ Add spinach; continue to cook about 2 minutes or until spinach wilts. Stir in garlic; cook 1 minute longer.
- ☐ Remove from heat; set aside to cool slightly.
- ☐ To make each calzone, spread 2 tablespoons pesto on dough round. Top with filling.
- ☐ Sprinkle with 1/4 cup Gouda cheese. (Resist the temptation to overfill the dough.) Fold dough over; press edge and twist to seal.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Cut calzones in half to serve.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:12.758695617966%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 687.77kcal (34.39%), Fat: 28.22g (43.42%), Saturated Fat: 8.81g (55.05%), Carbohydrates: 87.52g (29.17%), Net Carbohydrates: 83.52g (30.37%), Sugar: 13.9g (15.44%), Cholesterol: 34.8mg (11.6%), Sodium: 1761.27mg (76.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Vitamin K: 40.12µg (38.21%), Vitamin A: 1807.2IU (36.14%), Iron: 5.33mg (29.61%), Calcium: 263.04mg (26.3%), Vitamin C: 18.06mg (21.9%), Phosphorus: 194.54mg (19.45%), Fiber: 4g (16.01%), Vitamin B2: 0.25mg (14.57%), Selenium: 7.01µg (10.02%), Zinc: 1.39mg (9.24%), Folate: 34.8µg (8.7%), Vitamin B12: 0.45µg (7.47%), Manganese: 0.14mg (7.2%), Vitamin B6: 0.14mg (6.88%), Potassium: 240.14mg (6.86%), Vitamin B3: 1.27mg (6.34%), Copper: 0.13mg (6.26%), Vitamin B5: 0.6mg (6%), Vitamin E: 0.89mg (5.96%), Magnesium: 21.53mg (5.38%), Vitamin B1: 0.05mg (3.63%), Vitamin D: 0.2µg (1.32%)