



(Web Exclusive) Round 2 : Spaghetti and Meatball Calzones

READY IN



50 min.

SERVINGS



4

CALORIES



1213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound percent ground beef lean
- ☐ 2 tablespoons freshly basil leaves chopped
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 eggs
- ☐ 1 tablespoon garlic chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 0.3 cup milk

- ☐ 2 tablespoons olive oil
- ☐ 0.5 medium onion diced
- ☐ 0.5 medium onion diced
- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 1 pound refrigerator pizza dough
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 16 ounce pasta like spaghetti
- ☐ 2 sticks mozzarella string cheese cut into small cubes
- ☐ 2 slice bread white cut into cubes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F. Line a baking sheet with parchment paper or if you have a nonstick baking sheet, lining is not necessary.
- ☐ Divide the dough in 4 equal portions.
- ☐ Place on a floured work surface and using a rolling pin, roll out the dough into a small round about 6 to 8 inches in diameter. Repeat with remaining pieces of dough. Set aside.

- ☐ Place about a quarter of the leftover Spaghetti with Meatballs in the center of the dough round. Top with 1 tablespoon of sauce and sprinkle with a tablespoon of cheese.
- ☐ Brush the edges of the dough with a bit of water. Fold the dough over to make a half circle and crimp the edge with a fork.
- ☐ Place on prepared baking sheet. Repeat with remain filling and dough.
- ☐ Place in oven and bake for 35 minutes or until golden brown.
- ☐ Serve hot with a side of Tomato Sauce.
- ☐ Preheat oven to 400 degrees F.
- ☐ In a large bowl combine the milk and bread.
- ☐ Let the bread absorb the milk.
- ☐ Add remaining meatball ingredients except the cheese. Using your hands, gently combine all the ingredients until they are thoroughly mixed. Take about 3 tablespoons of the meat mixture and roll into a ball and press into a patty.
- ☐ Place a mozzarella cube or 1 tablespoon shredded cheese onto the patty and bring up the sides around the cheese and roll between hands to form a ball.
- ☐ Place onto a nonstick baking sheet or a baking sheet sprayed with nonstick cooking spray. Repeat process with remaining meat and cheese.
- ☐ Place the meatballs into the oven and cook for 12 minutes.
- ☐ Remove baking sheet from the oven and set aside.
- ☐ Cook the spaghetti in a large pot of boiling salted water until al dente, about 8 minutes.
- ☐ Drain and place the pasta on a large serving platter.
- ☐ In a medium pot heat olive oil over medium heat.
- ☐ Add onion, garlic and saute for 3 minutes.
- ☐ Add remaining ingredients and simmer for 10 minutes. Gently stir in the meatballs and any pan drippings from baking sheet and simmer for another 5 minutes.
- ☐ Place the meatballs over the spaghetti, pour the sauce on top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:125.44, Glycemic Load:43.63, Inflammation Score:-8, Nutrition Score:39.255651847176%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 1213.02kcal (60.65%), Fat: 39.24g (60.37%), Saturated Fat: 12.69g (79.31%), Carbohydrates: 164.73g (54.91%), Net Carbohydrates: 154.16g (56.06%), Sugar: 21.57g (23.96%), Cholesterol: 129.19mg (43.06%), Sodium: 1586.45mg (68.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.63g (103.26%), Selenium: 98.2µg (140.29%), Manganese: 1.67mg (83.49%), Iron: 10.73mg (59.62%), Vitamin K: 62.4µg (59.42%), Phosphorus: 549.81mg (54.98%), Zinc: 7.54mg (50.3%), Vitamin B3: 9.91mg (49.57%), Vitamin B6: 0.94mg (47.11%), Vitamin B12: 2.78µg (46.3%), Fiber: 10.57g (42.27%), Copper: 0.82mg (40.96%), Potassium: 1279.95mg (36.57%), Magnesium: 135.75mg (33.94%), Vitamin E: 4.5mg (30.03%), Vitamin C: 23.78mg (28.83%), Vitamin B2: 0.48mg (28.29%), Vitamin B1: 0.4mg (26.63%), Calcium: 236.55mg (23.65%), Folate: 85.72µg (21.43%), Vitamin B5: 1.98mg (19.83%), Vitamin A: 806.04IU (16.12%), Vitamin D: 0.53µg (3.54%)