



Zoned-Out Calzones



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



3

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 0.8 cup tomato sauce
- ☐ 0.8 cup water
- ☐ 3 tablespoons vegetable oil
- ☐ 1.3 cups cheddar cheese shredded
- ☐ 1 serving parmesan cheese with garlic and herbs grated
- ☐ 5 cups frangelico

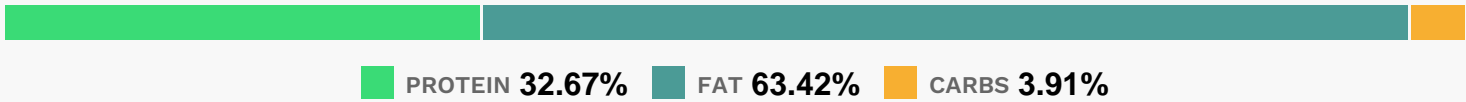
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 450°F. Cook beef in 10-inch skillet over medium heat, stirring occasionally, until brown; drain. Stir in pizza sauce.
- ☐ Stir Bisquick mix, water and oil until dough forms (dough will be dry).
- ☐ Place dough on surface generously dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into ball; knead 5 times.
- ☐ Divide dough in half.
- ☐ Roll or pat each half into 12-inch circle.
- ☐ Place each dough circle on ungreased cookie sheet. Top half of each circle with Cheddar cheese. Top cheese with beef mixture. Fold other half of each circle over filling. Press edges together with fork to seal.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake 15 to 20 minutes or until golden brown. Immediately remove from cookie sheets to wire rack. Cool 5 minutes.
- ☐ Cut each calzone into 5 wedges.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:25.88782615247%

Nutrients (% of daily need)

Calories: 589.07kcal (29.45%), Fat: 41.22g (63.41%), Saturated Fat: 16.69g (104.34%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 4.8g (1.75%), Sugar: 2.35g (2.61%), Cholesterol: 152.66mg (50.89%), Sodium: 896.53mg (38.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.77g (95.54%), Vitamin B12: 4.05µg (67.57%), Zinc: 10.11mg (67.42%), Selenium: 44.39µg (63.41%), Phosphorus: 609.33mg (60.93%), Calcium: 467.43mg (46.74%),

Vitamin B3: 8.95mg (44.74%), Vitamin B6: 0.7mg (34.77%), Vitamin B2: 0.54mg (31.72%), Vitamin K: 28.55µg (27.19%), Iron: 4.31mg (23.97%), Potassium: 762.13mg (21.78%), Vitamin E: 2.85mg (18.97%), Vitamin A: 854.94IU (17.1%), Magnesium: 60.1mg (15.03%), Vitamin B5: 1.4mg (14%), Copper: 0.22mg (10.84%), Vitamin B1: 0.09mg (6.26%), Folate: 24.22µg (6.05%), Vitamin C: 4.29mg (5.2%), Manganese: 0.09mg (4.71%), Fiber: 0.92g (3.67%), Vitamin D: 0.5µg (3.35%)