

Bell Pepper Fontina Calzones

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Servings: 4

2 tablespoons olive oil
3 bell peppers (yellow and red),
chopped
1/4 cup raisins
2 tablespoons sherry or red wine
vinegar
1/2 teaspoon coarse salt
1 package (16 ounce) refrigerated
pizza dough (from the deli section of
your supermarket), room temperature
1 cup chopped spinach or parsley
1/2 cup Fontina cheese, shredded
1 tablespoon butter, melted

Heat the oil in a large skillet. Add the peppers
and saute' for 15 minutes. Add the raisins,
vinegar and salt. Saute' for 5 minutes. Let cool.

Preheat the oven to 400 degrees.

Divide the dough into four balls. Stretch each
into a rough eight-inch circle. Top half of each
dough round with the pepper mixture, spinach
and cheese. Moisten the edges of the dough
with water. Fold the dough over and crimp the
edges. Place on a baking and cut three or four
vents in the top of each calzone. Brush the tops
with melted butter.

Bake for 15 minutes or until golden brown.

*Allowing the pizza dough to come to
room temperature makes it less elastic
and easier to handle.*

Per Serving (excluding unknown
items): 165 Calories; 14g Fat
(73.7% calories from fat); 4g
Protein; 7g Carbohydrate; trace
Dietary Fiber; 23mg Cholesterol;
373mg Sodium. Exchanges: 1/2
Lean Meat; 1/2 Fruit; 2 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	165	Vitamin B6 (mg):	trace
% Calories from Fat:	73.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	17.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	14g	Folacin (mcg):	1mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
			0
			1

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	23mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	373mg
Potassium (mg):	78mg
Calcium (mg):	81mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	268IU
Vitamin A (r.e.):	74 1/2RE

Alcohol (kcal):
% Daily Value

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 165 Calories from Fat: 121

% Daily Values*

Total Fat 14g	21%
Saturated Fat 5g	27%
Cholesterol 23mg	8%
Sodium 373mg	16%
Total Carbohydrates 7g	2%
Dietary Fiber trace	1%
Protein 4g	
Vitamin A	5%
Vitamin C	0%
Calcium	8%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.