

Calzone



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each		135191

Preparation Instructions

Basic Preparation

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	350.00
Fat	14.00g
Saturated Fat	7.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	540.00mg
Carbohydrates	26.00g
Fiber	1.00g
Total Sugar	6.00g
Added Sugar	4.00g
Protein	20.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 369.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available