

Calzone Ingredients

Italian Calzone : Dough: (Enriched Flour, Water, Whole Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices.) calcium propionate. **Sauce:** Crushed Tomatoes, Soybean Oil, Salt, Olive Oil, Dehydrated Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes and Calcium Chloride), Spices and Garlic Powder. **Chipotle Pesto Sauce:** (Canola Oil, Parmesan Cheese, Roasted Red Bell Peppers, Green Bell Peppers, Red Bell Peppers, Chipotle Peppers, Jalapeno's, Reconstituted Lemon Juice, Salt, Basil). Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, may contain color and/or rennet. Sausage, Pepperoni, Chorizo Sausage, Banana Peppers, Red Onion.

Contains: Wheat, soy, mustard, Milk Ingredients. May contain egg and/or sesame.

Pepperoni & Sausage Calzone : Dough: Enriched wheat flour, water, whole wheat flour, canola oil, salt, yeast, spices, seasonings, calcium propionate. **Sauce:** Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, olive oil. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Italian Sausage: Pork, spices, water, salt, corn syrup solids, flavours, sugar. Pepperoni: Pork and/or beef, water, salt, mustard, spices, dextrose, sodium erythorbate, smoke flavour, garlic powder, bacterial culture, sodium nitrite.

Contains wheat, soy, milk, mustard. May contain egg and/or sesame.

Calzone Cooking Directions

Convection oven: Preheat oven to 375°F with rack in the middle position. Place thawed calzone on a well-greased baking sheet (use olive oil for extra flavor). Bake calzone for 5-7 minutes until cheese melts and desired appearance is achieved. Oven Temperatures Vary - so please use as guide only.

Calzone Nutritionals

Italian Calzone

4. Nutrition Facts		
per serving size	1 calzone (165g)	
Amount	% Daily Value	
Teneur	% valeur quotidienne	
Calories/Calories	420	
Fat/Lipides	12 g	18 %
Saturated/saturé	4.5 g	23 %
Trans/trans	0 g	
Cholesterol/Cholestérol	10 mg	
Sodium/Sodium	940 mg	39 %
Carbohydrate/Glucides	55 g	18 %
Fiber/Fibres	5 g	20 %
Sugars/Sucres	10 g	
Protein/Protéines	24 g	
Vitamin A/Vitamine A		15 %
Vitamin C/Vitamine C		20 %
Calcium/Calcium		30 %
Iron/Fer		50 %

Pepperoni & Sausage

4. Nutrition Facts		
per serving size	1 calzone (160g)	
Amount	% Daily Value	
Teneur	% valeur quotidienne	
Calories/Calories	470	
Fat/Lipides	18 g	28 %
Saturated/saturé	7 g	35 %
Trans/trans	0 g	
Cholesterol/Cholestérol	30 mg	
Sodium/Sodium	890 mg	37 %
Carbohydrate/Glucides	53 g	18 %
Fiber/Fibres	4 g	16 %
Sugars/Sucres	10 g	
Protein/Protéines	23 g	
Vitamin A/Vitamine A		15 %
Vitamin C/Vitamine C		15 %
Calcium/Calcium		30 %
Iron/Fer		45 %