

# Italian Meatball Calzones

Yield: 30 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meatball-dinner-recipe>

## Ingredients:

- 1/2 pound hot Italian sausage ground
- 1/2 pound ground sirloin
- 1/2 cup seasoned bread crumbs Italian-
- 1/4 cup fresh parsley chopped
- 1 pinch salt and pepper
- 1 large egg lightly beaten
- 1 pizza dough recipe
- 1/2 cup whole milk ricotta cheese
- 30 meatballs see above recipe
- 2 cups marinara I used this recipe
- 1 cup fontina cheese grated
- 1 cup mozzarella cheese grated
- 1 egg beaten, for egg wash

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 35 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 3 grams
8. Sodium: 220 milligrams
9. Sugar: 2 grams

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