

Calzones

Yield: 8 min

Total Time: 200 min

Recipe from: <https://www.recipeschoose.com/recipes/pioneer-woman-italian-pork-sandwich-recipe>

Ingredients:

- 1 can loaves
- 16 whole dinner rolls
- 1 tablespoon butter
- 1 whole onion Medium, Diced
- 1 pound italian sausage Breakfast Or
- 1/2 teaspoon italian seasoning
- 1/4 teaspoon red pepper flakes
- 15 ounces whole milk ricotta cheese fluid
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups mozzarella cheese Grated
- 2 whole eggs
- 1/2 teaspoon salt
- black pepper To Taste
- 2 tablespoons fresh parsley Chopped
- marinara sauce For Serving
- 1 whole egg Beaten

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 175 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 16 grams
8. Sodium: 940 milligrams
9. Sugar: 2 grams

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