



# CALZONE SANDWICHES

**Nutrition Facts Report**  
**Source:** Custom

**Yield:** 4 (1.000 item(s))  
**No. Ingredients:** 11

**Category:** Basic Food  
**Manufacturer:** (None)

## Ingredients

- 0.500 lb. Pork Italian Sausage, Raw
- 1.000 c. Mushrooms
- 2.000 t. MRS. DASH Italian Medley Seasoning
- 10.000 oz. FLAV-R-PAC Chopped Spinach, Frozen
- 0.500 c. FRIGO Low Fat Ricotta Cheese
- 0.500 c. Parmesan Cheese, Grated
- 8.000 sl. Cobblestone Mills San Francisco Sourdough Bread
- 2.000 item Egg, Raw
- 0.250 c. Reduced Fat Milk, 2%
- 1.000 T. Butter
- 14.000 oz. Spaghetti or Marinara Pasta Sauce, Ready-to-Serve

## Nutrition Facts

Serving Size 1.00 item(s) (401g)

Amount Per Serving			
<b>Calories</b>	594	<b>Calories from Fat</b>	281
			<b>% Daily Value</b>
<b>Total Fat</b>	31.2g		48 %
	Saturated Fat 12.3g		62 %
	Trans Fat 0.0g		
<b>Cholesterol</b>	176.5mg		59 %
<b>Sodium</b>	1640.7mg		68 %
<b>Total Carbohydrate</b>	48.9g		16 %
	Dietary Fiber 2.3g		9 %
	Sugars 12.1g		
<b>Protein</b>	29.5g		
Vitamin A	110 %	Calcium	36 %
Vitamin C	16 %	Iron	26 %

## Instructions