



Keto Sausage Calzone

Active Time: 30 minutes | Total Time: 1 hour | Serves: 16

Nutrition Information Per Serving

315.3 calories, 7.36 g carbohydrate, 3.24 g fiber, 4.12 g NET carbs, 16.32 g protein, 27.09 g fat

Ingredients

- 1 package Miracle Bread Mix
- 2 tsp(s) Simply Organic Italian Seasoning
- 2 tsp(s) Bob's Red Mill Xanthan Gum
- 4 link(s) Organic Prairie Italian Pork Sausage
- 2 ounce(s) Parmesan cheese
- 4 Tbsp(s) organic sour cream
- 4 large(s) pastured eggs
- 8 ounce(s) organic cream cheese
- 6 ounce(s) organic whole mozzarella cheese
- 1 1/2 cup(s) organic ricotta cheese
- 1 Tbsp organic apple cider vinegar
- 2 tsp(s) active dry yeast
- 1/2 tsp(s) garlic powder
- 1/4 cup(s) filtered water
- 2 Tbsp(s) extra virgin olive oil

Preparation

1. Preheat oven to 375 F. In a medium bowl, mix the ricotta, mozzarella, cooled sausage, 1 egg and the Italian seasoning for the filling.
2. In a medium bowl, add the eggs, sour cream, cream cheese, apple cider vinegar, water and oil. Using a hand-held mixer, mix to combine thoroughly.
3. Pour in the Miracle Bread Mix, yeast (if using), garlic powder and the konjac or xanthan. Mix to combine. Let stand 1 minute.
4. Grease two sheets of parchment paper. Divide dough into two balls. Place one dough ball on the parchment and using oiled hands, pat out to a 10" circle. Repeat with other ball of dough. Place the flattened dough with the parchment onto baking sheets.
5. Place half of the calzone filling on one size of the calzone dough. Use the parchment to lift the plain, un-topped side and fold over the filling. Crimp the edges around the half-moon shape to seal. Repeat with other calzone.
6. Brush both calzones with the egg wash, if using. Transfer to the oven and bake for 25 minutes or until golden.
7. Serve with marinara for dipping.
8. Original Yield: 2-12 x 8" calzones with 8 slices each. One serving is one slice.

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