

Mini Calzones



Serves	8
Prep time	20 minutes
Cook time	15 minutes
Total time	35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , RPAH Elimination Diet – Very High Chemical , Salicylate Challenge , Salicylates & Amines
Meal type	Appetizer , Lunch , Lunch Box , Savoury Snack
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 Ball pizza dough (Refer to recipe)
- Fillings (Refer to note)
- Flour

Directions

1. Preheat the oven to 200°C and lightly flour a baking tray.
2. Divide the pizza dough into 8 pieces.
3. On a lightly floured surface, roll each piece out to a 12-15cm diameter circle.
4. Place the filling on top of the dough, then fold over and crimp the edges to seal.
5. Place the calzones on the floured tray.
6. Bake for approximately 15 minutes until the dough is golden on top and the filling heated through.
7. Serve hot or cold.



Note

Low Chemical / Failsafe, Moderate Salicylates, Amines

Pizza dough recipes:

- [Plain or Pumpkin Pizza Dough \(wheat\)](#)
- [Sweet Potato Spelt and Rye Pizza Dough](#)

Filling Suggestions:

- Preservative-free ham (Amines)
- Grated cheese (Amines)
- [No-Tomato Mince](#)
- Left over roast chicken
- Left over roast vegetables
- [Leek sauce](#)
- Cooked chicken
- [No-tomato sauce](#)
- Mashed / pureed vegetables (any that are tolerated)
- [Mince and Gravy](#)
- Sliced cooked potatoes