

Baked Chicken Alfredo Calzones: The Ultimate Handheld Comfort Food

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OVEN
400°F

TIME
7 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

All-Purpose Flour: 3 cups (plus extra for dusting).

Sugar: 1 tablespoon (to feed the yeast and help with browning).

Instant Yeast: 2 teaspoons.

Salt: 1 teaspoon.

Olive Oil: 2 tablespoons.

Warm Water: 1 cup (approx. 110°F).

Cooked Chicken: 1 cup, diced or shredded (Rotisserie chicken works great!).

Alfredo Sauce: 1 cup (high-quality store-bought or homemade).

Mozzarella Cheese: 1 cup, shredded.

Parmesan Cheese: 1/2 cup, grated.

Fresh Spinach: 1 cup, roughly chopped.

Garlic Powder: 1/2 teaspoon.

Black Pepper: 1/2 teaspoon.

Egg: 1, beaten (for the egg wash).

Italian Herbs: 1 teaspoon (dried oregano, basil, or a blend).

Swaps and Notes:

The Dough Shortcut: If you're in a rush, you can swap the homemade dough for a store-bought pizza dough ball. Just let it come to room temperature before rolling.

The Protein: If you have leftover shrimp or even Italian sausage, they make fantastic substitutes for the chicken.

The Greens: If you don't have spinach, sautéed mushrooms or broccoli florets are delicious additions that pair perfectly with Alfredo sauce.

Dipping Sauce: While these are moist on their own, serving them with a side of Marinara or extra Garlic Butter takes them to the next level.

Step-by-Step Instructions:

1. Prepare the Dough:
2. Mix the Filling:
3. Shape the Calzones:
4. Stuff and Seal:
5. The Golden Finish:
6. Bake and Rest:

Tips for Success:

Don't Overfill: It's tempting to pack them full, but too much sauce will cause the dough to get soggy or burst during the bake. Stick to about 1/2 cup of filling per calzone.

Seal it Tight: If the edges aren't sealed perfectly, the Alfredo sauce will escape and burn on the pan. The "fork-crimp" method is the most reliable.

Warm Water Temperature: Make sure your water is warm to the touch (like baby bath water), but not hot. If it's over 120°F, it will kill the yeast.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 800 kcal

Total Fat: 36g

DIRECTIONS

1. **Prepare the Dough:** In a large mixing bowl, combine the flour, sugar, yeast, and salt. Add the warm water and olive oil. Knead by hand or with a stand mixer for about 5-7 minutes until a smooth, elastic ball forms. Cover the bowl with a damp cloth and let it rise in a warm spot for about 1 hour, or until it has doubled in size.
2. **Mix the Filling:** In a medium bowl, stir together the cooked chicken, Alfredo sauce, mozzarella, parmesan, garlic powder, and black pepper. Fold in the chopped spinach. You want the mixture to be thick and creamy, not runny.
3. **Shape the Calzones:** Preheat your oven to 400°F (200°C). Punch down the risen dough and divide it into 4 equal portions. On a lightly floured surface, roll each portion into an 8-inch circle.
4. **Stuff and Seal:** Spoon a quarter of the filling onto one half of each dough circle, leaving about a 1-inch border around the edge. Fold the other half of the dough over the filling to create a half-moon shape. Use a fork to crimp the edges tightly-this is crucial to keep the sauce from leaking out!
5. **The Golden Finish:** Place the calzones on a parchment-lined baking sheet. Brush the tops generously with the beaten egg. Sprinkle with Italian herbs and a little extra parmesan if you're feeling indulgent. Use a small knife to cut two tiny slits in the top of each calzone to allow steam to escape.
6. **Bake and Rest:** Bake for 18 to 22 minutes, or until the crust is a deep golden brown. Let them rest for 5 minutes before serving. Warning: The filling will be like molten lava inside, so patience is key!

7. **Tips for Success: Don't Overfill:** It's tempting to pack them full, but too much sauce will cause the dough to get soggy or burst during the bake. Stick to about 1/2 cup of filling per calzone.
8. **Seal it : Tight:** If the edges aren't sealed perfectly, the Alfredo sauce will escape and burn on the pan. The "fork-crimp" method is the most reliable.
9. **Warm : Water Temperature:** Make sure your water is warm to the touch (like baby bath water), but not hot. If it's over 120°F, it will kill the yeast.
10. **Serving Suggestions and Pairings:** These calzones are quite rich, so I recommend serving them with a bright, acidic side. A fresh arugula salad with a lemon vinaigrette is my go-to.
11. **If you're hosting an : Italian-style feast,** these pair beautifully with a side of Instant Pot Lasagna or even some Sheet Pan Quesadillas if you're doing a fusion-style party spread. For a drink, a crisp Pinot Grigio or a sparkling Italian sodaprovides a refreshing contrast to the creamy Alfredo.
12. **Nutritional Information (Per Serving):** Calories: 800 kcal
13. **Total : Fat:** 36g
14. **Saturated : Fat:** 16g
15. **Carbohydrates:** 74g
16. **Protein:** 31g
17. **Fiber:** 3g
18. **Storage and Leftover Tips: Fridge:** These store well in the refrigerator for up to 4 days.
19. **Reheating:** To regain that crispy crust, avoid the microwave if possible. Instead, reheat in a 350°F oven or an air fryer for 8-10 minutes.
20. **Freezer:** You can freeze these unbaked! Wrap them tightly in plastic wrap and foil. Bake from frozen at 375°F for about 30-35 minutes.
21. **More Recipes You Will Love:** If you enjoyed this cheesy Italian favorite, you have to try these other hits from chefmaniac.com:
22. **Garlic : Butter Shrimp Alfredo** - For when you want the pasta version.
23. **Cheesy : Chicken Sliders** - A great alternative for a quick family meal.
24. **Instant : Pot Lasagna** - The fastest way to gourmet comfort.
25. **Sheet : Pan Quesadillas** - A fun, easy-to-share meal.

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