Pizza vs Calzone (vsdiff.com)

Aspect	Pizza	Calzone
Origin (approx.)	Late 18th–early 19th century, Naples (modern popularization c. 1880s)	Late 18th–19th century, likely Campania/Naples region
Shape & Structure	Flat, open-faced; **exposed toppings**	Folded/sealed pocket; **enclosed fillings**
Baking environment	Very high heat wood-fired ovens (~400–500°C for Neapolitan) or home ovens (220–260°C)	Often baked at somewhat lower or similar temps; retains more steam inside
Typical eating context	Shared slices, communal or plated	Individual portions, handheld & portable
Texture outcome	Crisp rim, tender crumb, char/Leoparding on crust	Chewy interior, moister filling, softer outer crust
Calories (very approximate)	Per average slice: ~200–400 kcal (varies widely)	Per average medium calzone: ~500–900 kcal (highly variable)

Source: https://vsdiff.com/pizza-vs-calzone/