



Basil-Feta Focaccia

 Vegetarian

READY IN



27 min.

SERVINGS



12

CALORIES



85 kcal

Ingredients

- ☐ 0.7 cup feta cheese crumbled
- ☐ 1 tablespoon basil dried fresh finely chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 cup onion finely chopped
- ☐ 6.5 ounce pizza crust mix
- ☐ 0.5 cup water hot (120° to 130°)

Equipment

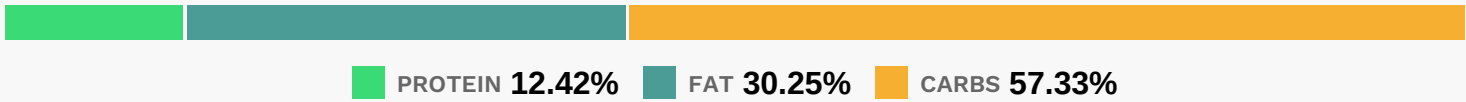
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 6 ingredients in a bowl; add hot water, stirring vigorously with a fork until blended. Coat dough with cooking spray; cover and let stand 5 minutes.
- ☐ Press into a 10-inch circle on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 15 minutes or until golden.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.7017391388831%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 84.92kcal (4.25%), Fat: 2.86g (4.4%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.62g (4.23%), Sugar: 0.71g (0.79%), Cholesterol: 7.42mg (2.47%), Sodium: 213.04mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Iron: 3.77mg (20.93%), Vitamin K: 6.03µg (5.74%), Calcium: 50.95mg (5.09%), Vitamin B2: 0.08mg (4.51%), Phosphorus: 32.1mg (3.21%), Manganese: 0.06mg (2.83%), Vitamin B6: 0.05mg (2.61%), Vitamin B12: 0.14µg (2.35%), Fiber: 0.57g (2.3%), Selenium: 1.36µg (1.94%), Zinc: 0.28mg (1.9%), Folate: 5.1µg (1.27%), Magnesium: 5.05mg (1.26%), Vitamin B1: 0.02mg (1.16%)