



Basil-Turkey Mini Focaccia Sandwiches

READY IN



65 min.

SERVINGS



40

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6.5 oz alouette garlic & herbs spreadable cheese softened
- 1 oz basil fresh
- 0.5 teaspoon garlic powder
- 0.5 teaspoon seasoning italian
- 1 oz parmesan shredded
- 2 medium plum tomatoes thinly sliced (Roma)
- 13.8 oz pizza dough refrigerated canned
- 0.5 lb turkey smoked thinly sliced (from deli)
- 1 tablespoon vegetable oil

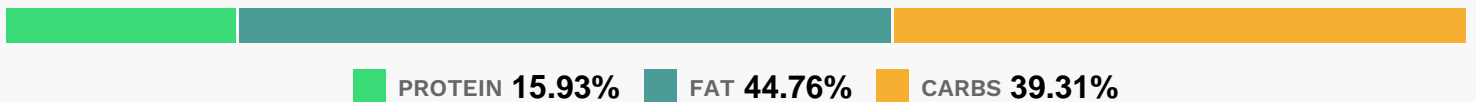
Equipment

- baking sheet
- oven
- toothpicks
- wooden spoon
- serrated knife

Directions

- Heat oven to 400F. Grease large cookie sheet with shortening or cooking spray. Unroll pizza crust dough; press into 12x8-inch rectangle on cookie sheet. With end of handle of wooden spoon, press indentations in top, about 1 inch apart.
- Brush dough with oil.
- Sprinkle with garlic powder, Italian seasoning and Parmesan cheese.
- Bake 10 to 13 minutes or until golden brown. Cool 30 minutes; cut in half horizontally.
- Spread cut side of bottom of focaccia with spreadable cheese. Top with single layer of tomatoes and basil.
- Layer turkey evenly over basil.
- Place top of focaccia, cut side down, over turkey; press down. Pierce through all layers with toothpicks, placing them every 1 1/2 inches over focaccia. With long serrated knife, cut between toothpicks into squares.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.94521738556416%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 52.46kcal (2.62%), Fat: 2.67g (4.1%), Saturated Fat: 1.21g (7.53%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 5.06g (1.84%), Sugar: 0.7g (0.78%), Cholesterol: 8.39mg (2.8%), Sodium: 111.83mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Vitamin K: 3.98µg (3.79%), Iron: 0.35mg (1.93%), Vitamin B3: 0.34mg (1.68%), Selenium: 1.03µg (1.47%), Vitamin B6: 0.03mg (1.46%), Vitamin A: 71.42IU (1.43%), Phosphorus: 13.62mg (1.36%), Calcium: 10.83mg (1.08%)