



## Broccoli and Sausage Focaccia

READY IN



45 min.

SERVINGS



6

CALORIES



518 kcal

### Ingredients

- 13.2 oz bread dough italian
- 2 tablespoons olive oil
- 1 onion thinly sliced
- 2 tablespoons parmesan finely grated
- 8 ounces pork sausage sweet italian
- 1 cup patted dry thawed cooked chopped
- 1 cup patted dry thawed cooked chopped

### Equipment

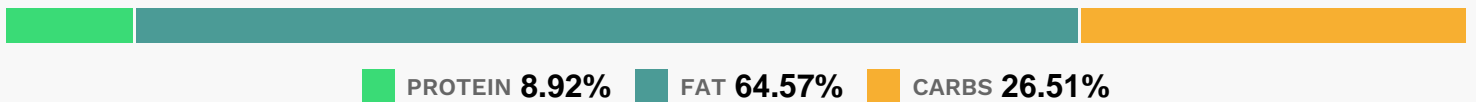
- frying pan

- baking sheet
- baking paper
- oven
- aluminum foil

## Directions

- In a large skillet, heat 1 Tbsp. oil on medium-high heat. Cook sausage, stirring and breaking apart, until crumbled, about 5 minutes.
- Drain and transfer to a plate. Put 1 Tbsp. oil and onion in skillet; cook on medium heat, stirring often, until softened, about 4 minutes.
- Add to sausage and let cool.
- Lower oven rack to bottom; preheat oven to 350F. Line a baking sheet with parchment paper or foil; sprinkle with a little cornmeal or flour. Unroll dough onto pan without stretching.
- Sprinkle on 1 Tbsp. Parmesan.
- Spread sausage, onion and broccoli on top, pressing down slightly.
- Sprinkle remaining 1 Tbsp. Parmesan on top.
- Bake until nicely browned on edges and cooked through, about 30 minutes.
- Cut into rectangles and serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:5.9847825558289%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 518.05kcal (25.9%), Fat: 37.16g (57.17%), Saturated Fat: 16.22g (101.41%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 31.83g (11.57%), Sugar: 20.06g (22.29%), Cholesterol: 28.35mg (9.45%), Sodium: 499.32mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.11%), Vitamin B3: 4.61mg (23.05%), Vitamin B1: 0.2mg (13.36%), Folate: 43.27µg (10.82%), Iron: 1.81mg (10.04%), Fiber: 2.49g (9.98%), Phosphorus: 90.99mg (9.1%), Potassium: 257.43mg (7.36%), Vitamin B6: 0.14mg (6.96%), Zinc: 1.02mg (6.81%), Vitamin B2: 0.11mg (6.63%), Vitamin B12: 0.34µg (5.69%), Vitamin E: 0.75mg (5.01%), Magnesium: 18.46mg (4.62%), Vitamin D: 0.5µg (3.33%), Vitamin K: 3.06µg (2.92%), Vitamin B5: 0.28mg (2.84%), Calcium: 27.4mg (2.74%), Vitamin C: 1.62mg (1.97%), Copper: 0.03mg (1.63%), Manganese: 0.03mg (1.29%)