



Caramelized Onion and Rosemary Focaccia

 Dairy Free

READY IN



43 min.

SERVINGS



12

CALORIES



91 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion halved thinly sliced
- ☐ 13.8 ounce pizza crust dough refrigerated canned
- ☐ 1 tablespoons water

Equipment

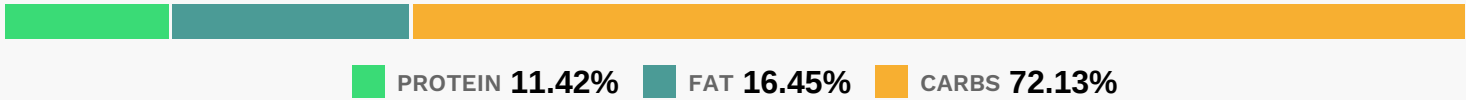
- ☐ frying pan

- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐ Add onion and pepper. Cover and cook 10 minutes or until onion is lightly browned, stirring occasionally. Uncover and cook 10 minutes or until golden brown, stirring frequently. While onion cooks, add 1 to 2 tablespoons water to prevent onion from sticking to pan.
- ☐ Remove from heat; set aside.
- ☐ Preheat oven to 37
- ☐ Unroll dough into a jelly–roll pan, and flatten slightly. Press handle of a wooden spoon into dough to make indentations at 1–inch intervals.
- ☐ Drizzle with oil; sprinkle with rosemary and salt.
- ☐ Bake at 375 for 15 minutes or until lightly browned; top with onion, and bake an additional 3 minutes or until golden.
- ☐ Cut bread into rectangles, and serve warm.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:0.70608695758426%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 91.42kcal (4.57%), Fat: 1.7g (2.62%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 16.04g (5.83%), Sugar: 2.55g (2.84%), Cholesterol: 0mg (0%), Sodium: 430.13mg (18.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Iron: 0.93mg (5.15%), Fiber: 0.74g (2.94%), Manganese: 0.02mg (1.18%), Vitamin C: 0.96mg (1.17%)