



Caramelized-Onion Focaccia Wedges

READY IN



60 min.

SERVINGS



8

CALORIES



284 kcal

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 medium onion sliced
- ☐ 8 ounce monterrey jack cheese
- ☐ 1 flour

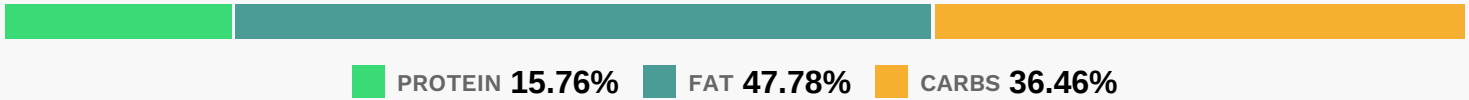
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Melt butter in 10-inch skillet over medium-low heat. Cook onions in butter 15 to 20 minutes, stirring occasionally, until onions are brown and caramelized; remove from heat.
- ☐ Heat oven to 350°F.
- ☐ Place half of the cheese on bottom half of focaccia. Top with onions and remaining cheese. Replace top of focaccia. Wrap tightly in aluminum foil.
- ☐ Bake 15 to 20 minutes or until cheese is melted. Cool 5 minutes.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:9.88, Inflammation Score:-4, Nutrition Score:4.1082609399505%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 283.75kcal (14.19%), Fat: 15.26g (23.48%), Saturated Fat: 6.3g (39.39%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 24.94g (9.07%), Sugar: 2.11g (2.35%), Cholesterol: 25.23mg (8.41%), Sodium: 487.04mg (21.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Calcium: 219.39mg (21.94%), Phosphorus: 135.05mg (13.51%), Vitamin A: 406.35IU (8.13%), Vitamin B2: 0.12mg (7.05%), Selenium: 4.25µg (6.07%), Zinc: 0.9mg (5.98%), Fiber: 1.27g (5.09%), Vitamin B12: 0.24µg (4.01%), Vitamin B6: 0.06mg (2.79%), Magnesium: 10.56mg (2.64%), Folate: 10.38µg (2.6%), Vitamin C: 2.05mg (2.48%), Manganese: 0.04mg (1.93%), Potassium: 65.32mg (1.87%), Vitamin E: 0.24mg (1.61%), Iron: 0.26mg (1.45%), Vitamin B1: 0.02mg (1.16%), Vitamin D: 0.17µg (1.13%)