



Caramelized Onion, Gorgonzola, and Walnut Focaccia

 Vegetarian

READY IN



77 min.

SERVINGS



15

CALORIES



147 kcal

BREAD

Ingredients

- ☐ 4.5 teaspoons yeast dry
- ☐ 2.8 cups flour all-purpose divided
- ☐ 2 ounces gorgonzola blue crumbled
- ☐ 1 tablespoon olive oil
- ☐ 5 cups onion thinly sliced 2 large
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar

- ☐ 0.3 cup walnuts chopped
- ☐ 1 cup warm water 100° to 110°

Equipment

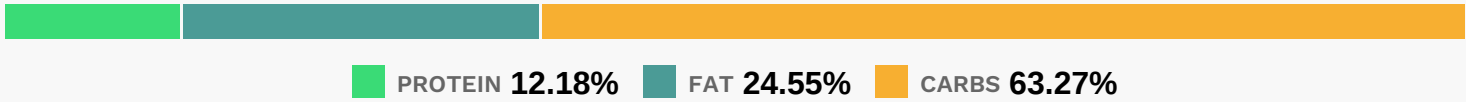
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes.
- ☐ Add salt; stir to dissolve.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 1/2 cups flour to yeast mixture, stirring until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes).
- ☐ Add enough of remaining 1/4 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, about 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ While dough rises, heat oil in a large nonstick skillet over medium-low heat.
- ☐ Add onion; cover and cook 30 minutes or until onion is tender, stirring occasionally. Uncover and cook 5 to 10 minutes or until onion is golden brown and most of liquid evaporates, stirring often.
- ☐ Punch dough down. Pat dough into a jelly-roll pan coated with cooking spray. (If dough resists stretching, let rest 5 minutes before proceeding.)
- ☐ Spread onion evenly over dough.
- ☐ Sprinkle walnuts and Gorgonzola evenly over top; cover and let rise in a warm place 30 minutes or until doubled in size.
- ☐ Preheat oven to 400

- ☐ Bake at 400 for 25 to 30 minutes or until lightly browned.
- ☐ Cut into 15 pieces.

Nutrition Facts



Properties

Glycemic Index:14.61, Glycemic Load:14, Inflammation Score:-5, Nutrition Score:6.4773913233177%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 147.41kcal (7.37%), Fat: 4.06g (6.25%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 21.61g (7.86%), Sugar: 2.68g (2.97%), Cholesterol: 2.84mg (0.94%), Sodium: 202.43mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Vitamin B1: 0.32mg (21.14%), Folate: 77.82µg (19.45%), Manganese: 0.32mg (15.88%), Selenium: 8.79µg (12.55%), Vitamin B2: 0.18mg (10.78%), Vitamin B3: 1.86mg (9.29%), Fiber: 1.95g (7.8%), Iron: 1.29mg (7.16%), Phosphorus: 69.79mg (6.98%), Vitamin B6: 0.11mg (5.42%), Copper: 0.1mg (5.17%), Vitamin C: 3.98mg (4.83%), Magnesium: 16.02mg (4%), Calcium: 39.07mg (3.91%), Potassium: 132.49mg (3.79%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.51mg (3.39%), Vitamin E: 0.19mg (1.24%)