



Caramelized Onion-Tomato Focaccia

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



118 kcal

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon butter
- ☐ 1 large onion thinly sliced cut in half,
- ☐ 1 flour
- ☐ 4 oz fontina shredded
- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 0.5 cup arugula chopped

Equipment

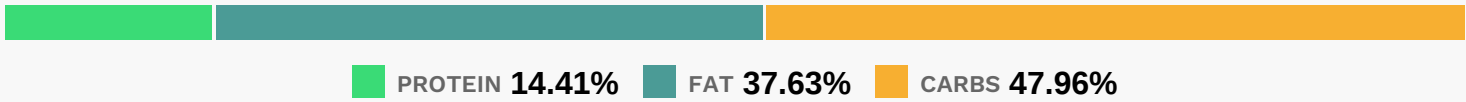
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In 10-inch skillet, heat oil and butter over medium heat.
- ☐ Add onion; cook 8 to 10 minutes, stirring frequently, until onion is softened and light golden brown.
- ☐ On ungreased cookie sheet, place focaccia.
- ☐ Sprinkle 3/4 cup cheese on focaccia. Top with onion and tomatoes; sprinkle with remaining 1/4 cup cheese.
- ☐ Bake 10 to 15 minutes or until cheese is melted and bread is hot.
- ☐ Sprinkle with arugula.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:2.4091304346271%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 118.34kcal (5.92%), Fat: 5.08g (7.82%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 13.52g (4.92%), Sugar: 2.05g (2.28%), Cholesterol: 10.1mg (3.37%), Sodium: 229.97mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Calcium: 51.09mg (5.11%), Fiber: 1.06g (4.24%), Vitamin C: 3.15mg (3.82%), Phosphorus: 36mg (3.6%), Vitamin E: 0.49mg (3.27%), Vitamin A: 156.83IU (3.14%), Manganese: 0.06mg (3.11%), Vitamin B6: 0.06mg (2.81%), Potassium: 96.03mg (2.74%), Vitamin K: 2.85µg (2.72%), Copper: 0.05mg (2.65%), Zinc: 0.34mg (2.25%), Iron: 0.38mg (2.13%), Vitamin B12: 0.12µg (2.01%), Magnesium: 7.38mg (1.84%), Vitamin B2: 0.03mg (1.83%), Selenium: 1.24µg (1.77%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.34mg (1.69%), Folate: 6.18µg (1.54%), Vitamin B5: 0.12mg (1.17%)