



Cast-Iron Skillet Focaccia

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

Ingredients

- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 1 pound pizza dough store-bought
- ☐ 0.3 onion red thinly sliced

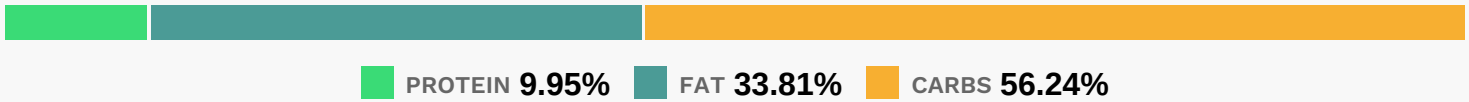
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place a 12-inch cast-iron skillet on the center rack as it preheats. Bring the pizza dough to room temperature.
- ☐ Dust the counter surface with bench flour. Stretch out the dough to a 12-inch circle.
- ☐ Drizzle the hot skillet lightly with just 1 tablespoon of oil. Lift up the skillet by the handle and swirl to coat the bottom of the pan completely.
- ☐ Add the dough to the hot skillet and carefully stretch it to go halfway up the sides. Press your fingers into the dough to make small indents.
- ☐ Sprinkle with the remaining 2 tablespoons olive oil, the red onions and rosemary. Top with the freshly grated Parmesan.
- ☐ Bake on the middle rack until lightly golden brown, about 35 minutes. Slice into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.5834782651585%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 256.51kcal (12.83%), Fat: 9.78g (15.05%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 35.37g (12.86%), Sugar: 4.9g (5.44%), Cholesterol: 1.13mg (0.38%), Sodium: 573.63mg (24.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Iron: 2.12mg (11.75%), Vitamin E: 1.01mg (6.76%), Fiber: 1.24g (4.97%), Vitamin K: 4.42µg (4.21%), Calcium: 21.41mg (2.14%), Phosphorus: 13.08mg (1.31%)