



Ember-baked focaccia stacks

 Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



397 kcal

Ingredients

- ☐ 1 portugese rolls
- ☐ 1 serving balsamic vinegar
- ☐ 1 serving olive oil
- ☐ 2 roasted peppers whole
- ☐ 4 tsp olive tapenade
- ☐ 6 chunks zucchini
- ☐ 9 servings basil
- ☐ 1 tbsp pinenuts toasted

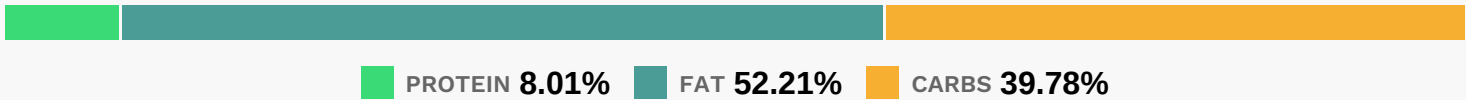
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Halve the focaccia through the middle, then drizzle both cut sides with a little balsamic and oil.
- ☐ Brush a large square of foil with a little more oil, then sit the foccacia base in the middle. Top with a slice of pepper, roughly the same size as the bread, then spread with half the tapenade.
- ☐ Layer half the courgettes on top, scatter with a few basil leaves and half the pine nuts. Repeat the layers again, then finish with a third layer of roasted pepper. Top with the other bread half, then wrap tightly in the foil. Make up to a day ahead or freeze now.
- ☐ To cook, place the wrapped stack directly on the coals (or on the rack if you are using a gas barbecue) and bake for 10 mins on each side or 15 mins each side from frozen.

Nutrition Facts



Properties

Glycemic Index:208, Glycemic Load:24.47, Inflammation Score:-8, Nutrition Score:17.816956722218%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 396.86kcal (19.84%), Fat: 23.4g (36%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.43g (13.61%), Sugar: 7.29g (8.1%), Cholesterol: 0mg (0%), Sodium: 1310.94mg (57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.15%), Vitamin K: 88.78µg (84.55%), Iron: 12.58mg (69.9%), Manganese: 1.24mg (61.84%), Vitamin C: 38.8mg (47.04%), Vitamin A: 1349.2IU (26.98%), Vitamin E: 3.1mg (20.67%), Copper: 0.3mg (15.24%), Magnesium: 47.76mg (11.94%), Fiber: 2.67g (10.68%), Vitamin B6: 0.18mg (8.94%), Phosphorus: 87.7mg (8.77%), Calcium: 75.61mg (7.56%), Potassium: 254.56mg (7.27%), Folate: 28.92µg (7.23%), Zinc: 0.96mg (6.37%), Vitamin B3: 1.04mg (5.18%), Vitamin B1: 0.06mg (4.25%), Vitamin B2: 0.06mg (3.78%), Vitamin B5: 0.11mg (1.09%)