



Figgy Focaccia

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



343 kcal

Ingredients

- 6 servings cornmeal plain
- 8 figs fresh halved
- 1 tablespoon rosemary leaves fresh
- 6 servings kosher salt and pepper freshly ground to taste
- 3 tablespoons olive oil divided
- 1 pound bakery pizza dough
- 1 medium size onion red

Equipment

- baking sheet

oven

grill

Directions

Preheat grill to 350 to 400 (medium-high) heat.

Cut onion into 3/4- to 1-inch slices.

Brush onion slices with 1 Tbsp. olive oil, and season with sea salt and freshly ground pepper to taste. Grill onion slices, without grill lid, 3 to 4 minutes on each side or until tender and lightly charred.

Preheat oven to 42

Lightly dust work surface with cornmeal. Stretch dough into a 10- to 12-inch oval on work surface.

Place dough, cornmeal side down, on a greased baking sheet; drizzle with remaining 2 Tbsp. olive oil. Rub oil into dough. Arrange fig halves and grilled onion over dough, pressing lightly.

Sprinkle with rosemary and salt and pepper to taste.

Bake at 425 on lowest oven rack 15 to 20 minutes or until golden.

Nutrition Facts



PROTEIN 8.51% **FAT 25.9%** **CARBS 65.59%**

Properties

Glycemic Index:26.08, Glycemic Load:11.36, Inflammation Score:-3, Nutrition Score:4.8934781914172%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 343.36kcal (17.17%), Fat: 10.17g (15.65%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 57.93g (19.31%), Net Carbohydrates: 53.57g (19.48%), Sugar: 16.49g (18.32%), Cholesterol: 0mg (0%), Sodium: 742.4mg (32.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Fiber: 4.37g (17.46%), Iron: 2.69mg (14.94%), Manganese: 0.18mg (8.84%), Vitamin B6: 0.16mg (7.87%), Vitamin E: 1.12mg (7.48%), Vitamin K: 7.44µg (7.09%), Potassium: 215.97mg (6.17%), Magnesium: 24.17mg (6.04%), Vitamin B1: 0.08mg (5.24%), Copper: 0.08mg (3.96%), Phosphorus: 37.37mg (3.74%), Vitamin C: 2.76mg (3.35%), Zinc: 0.44mg (2.97%), Calcium: 29.4mg (2.94%), Vitamin B5: 0.28mg (2.85%), Vitamin B2: 0.05mg (2.83%), Folate: 11.25µg (2.81%), Vitamin B3: 0.54mg (2.69%), Vitamin A: 104.78IU (2.1%), Selenium: 0.83µg (1.18%)