



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 salt and pepper freshly ground to taste
- ☐ 3 tablespoons olive oil divided
- ☐ 1 pound pizza dough
- ☐ 1 medium size onion red

Equipment

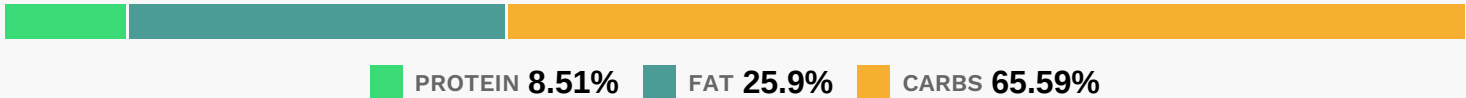
- ☐ baking sheet

- ☐ 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



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 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%)