



Focaccia Sandwich with Spring Greens

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.1 teaspoon pepper black
- 0.3 teaspoon pepper black
- 2 cups bread flour
- 2.3 teaspoons yeast dry
- 0.3 cup julienne-cut green onions ()
- 0.5 cup green onions chopped
- 4 ounces havarti cheese thinly sliced
- 0.5 teaspoon olive oil

- 1 tablespoon olive oil
- 0.3 ounce parmesan cheese fresh grated
- 3 cups gourmet salad greens
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 2 inch tomatoes
- 0.8 cup very warm water (120° to 130°)

Equipment

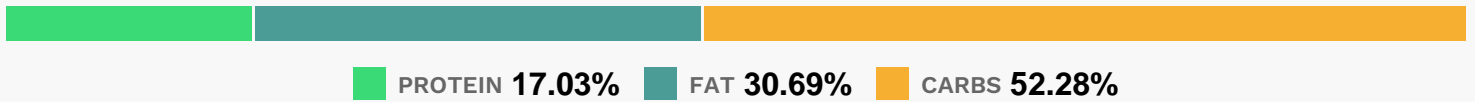
- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- baking pan
- wooden spoon
- measuring cup
- serrated knife

Directions

- To prepare focaccia, lightly spoon flour into dry measuring cups; level with a knife.
- Place flour, sugar, salt, and yeast in a food processor; pulse 2 times or until blended. With processor running, slowly add very warm water through food chute; process until dough leaves sides of bowl and forms a ball. Process an additional 30 seconds. Turn dough out onto a lightly floured surface, and knead lightly 4 to 5 times.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size.
- Punch dough down; let rest 5 minutes.

- Roll into a 13 x 9-inch rectangle on a lightly floured surface.
- Transfer dough to a 13 x 9-inch baking pan coated with cooking spray; brush 1/2 teaspoon oil over dough. Cover and let rise 30 minutes or until puffy.
- Preheat oven to 40
- Uncover dough. Make indentations in top of dough using the handle of a wooden spoon or your fingertips.
- Sprinkle 1/3 cup green onions, Parmesan cheese, and 1/4 teaspoon pepper over dough, leaving a 1/2-inch border.
- Bake at 400 for 20 minutes or until lightly browned. Cool in pan on a wire rack.
- To prepare sandwich, cut focaccia in half horizontally using a serrated knife; place bottom layer, cut side up, on a flat surface. Arrange provolone cheese and tomato slices over bottom layer; top with salad greens and 1/2 cup green onions.
- Combine balsamic vinegar and remaining ingredients in a small bowl, stirring well with a whisk.
- Drizzle vinaigrette over salad green mixture; top with remaining focaccia layer. Gently press sandwich together; cut into 6 equal portions.

Nutrition Facts



Properties

Glycemic Index:63.35, Glycemic Load:20.51, Inflammation Score:-6, Nutrition Score:9.9391304150872%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 261kcal (13.05%), Fat: 8.86g (13.64%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 32.27g (11.73%), Sugar: 1.62g (1.79%), Cholesterol: 17.43mg (5.81%), Sodium: 270.19mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.13%), Vitamin K: 30.78µg (29.31%), Selenium: 18.68µg (26.68%), Manganese: 0.42mg (21.04%), Folate: 68.91µg (17.23%), Phosphorus: 170.57mg (17.06%), Calcium: 150.96mg (15.1%), Vitamin B1: 0.19mg (12.38%), Vitamin A: 533.34IU (10.67%), Vitamin B2: 0.16mg (9.38%), Vitamin C: 7.47mg (9.05%), Zinc: 1.34mg (8.95%), Fiber: 1.72g (6.87%), Copper: 0.13mg (6.37%), Magnesium: 22.87mg (5.72%), Vitamin B3: 1.1mg (5.49%), Vitamin E: 0.76mg (5.1%), Iron: 0.84mg (4.67%), Vitamin B12: 0.28µg (4.6%),

Vitamin B5: 0.45mg (4.47%), Potassium: 149mg (4.26%), Vitamin B6: 0.08mg (3.83%)