



Focaccia with Caramelized Onions, Pear and Blue Cheese

 Vegetarian

READY IN



150 min.

SERVINGS



25

CALORIES



72 kcal

BREAD

Ingredients

- ☐ 1 package active yeast dry
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 large bosc pear cored sliced
- ☐ 2.5 cup flour all-purpose
- ☐ 0.5 teaspoon honey
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon brown sugar light

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 large onion thinly sliced
- ☐ 1 cup warm water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, combine the water, yeast and honey and let stand for 5 minutes. Stir in 1 cup of the flour and 1/4 cup of the oil; let stand for 5 minutes. Stir in the remaining flour and the salt and knead until smooth.
- ☐ Transfer to an oiled bowl, cover with plastic and let stand for 1 hour.
- ☐ Meanwhile, in a skillet, heat 1 tablespoon of the oil.
- ☐ Add the onion, cover and cook over moderate heat, stirring occasionally, for 10 minutes.
- ☐ Add the sugar, cover and cook, stirring occasionally, until browned, 10 minutes.
- ☐ Preheat the oven to 45
- ☐ Oil a 9-by-13 inch rimmed baking sheet.
- ☐ Transfer the dough to the sheet and press it down to fit. Dimple the dough all over with your fingers and drizzle with 2 tablespoons of the olive oil.
- ☐ Let the dough rise until puffed, about 20 minutes.
- ☐ Scatter the onions over the dough. Arrange the pear over the onions and sprinkle with the blue cheese.
- ☐ Drizzle the remaining 2 tablespoons of oil over the focaccia and bake for 20 minutes, until golden.
- ☐ Transfer to a rack to cool.
- ☐ Serve.

Nutrition Facts



 **PROTEIN 11.51%**  **FAT 22.42%**  **CARBS 66.07%**

Properties

Glycemic Index:8.72, Glycemic Load:7.51, Inflammation Score:-1, Nutrition Score:2.6930434600167%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 72.26kcal (3.61%), Fat: 1.8g (2.77%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.15g (4.05%), Sugar: 1.47g (1.63%), Cholesterol: 2.03mg (0.68%), Sodium: 125.33mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin B1: 0.13mg (8.9%), Folate: 32.19µg (8.05%), Selenium: 4.69µg (6.71%), Vitamin B2: 0.09mg (5.14%), Manganese: 0.1mg (4.95%), Vitamin B3: 0.9mg (4.5%), Iron: 0.63mg (3.51%), Fiber: 0.8g (3.2%), Phosphorus: 28.59mg (2.86%), Calcium: 18.91mg (1.89%), Copper: 0.03mg (1.59%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.2mg (1.35%), Magnesium: 4.88mg (1.22%), Potassium: 42.71mg (1.22%), Vitamin B6: 0.02mg (1.21%), Vitamin C: 0.84mg (1.02%), Vitamin E: 0.15mg (1.01%)