



Focaccia with Onions, Fresh Herbs, and Feta

READY IN



68 min.

SERVINGS



12

CALORIES



160 kcal

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 pound bread dough frozen
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup walnuts coarsely chopped
- ☐ 2 cups onion yellow vertically sliced (1 large)

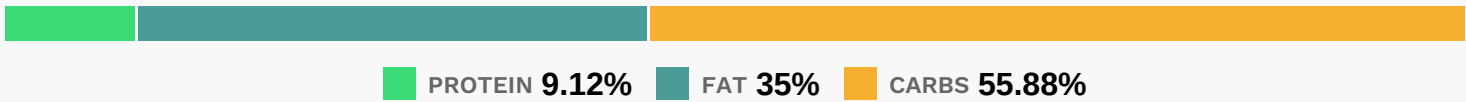
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Thaw bread dough in refrigerator at least 12 hours.
- ☐ . Preheat oven to 40
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium heat.
- ☐ Add onion and sugar; cook 20 minutes or until golden brown, stirring occasionally.
- ☐ Remove from heat; stir in rosemary, thyme, salt, and pepper.
- ☐ Place dough on a lightly floured surface; let rest 5 minutes. Pat or roll dough into a 14 x 8-inch rectangle (about 1/4 inch thick).
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Brush dough with remaining 1 tablespoon oil.
- ☐ Spread onion mixture and walnuts evenly over dough, leaving a 1/2-inch border on all sides; sprinkle evenly with cheese.
- ☐ Bake at 400 on bottom rack of oven for 25 minutes or until crust is golden.
- ☐ Cut into 12 pieces.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:1.34, Inflammation Score:-3, Nutrition Score:2.1469565137573%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg,

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 160.13kcal (8.01%), Fat: 6.08g (9.35%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.45g (7.44%), Sugar: 2.19g (2.44%), Cholesterol: 4.21mg (1.4%), Sodium: 329.73mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Manganese: 0.12mg (6.24%), Fiber: 1.38g (5.53%), Vitamin B6: 0.07mg (3.29%), Calcium: 32.7mg (3.27%), Phosphorus: 32.31mg (3.23%), Vitamin B2: 0.05mg (3.04%), Vitamin C: 2.27mg (2.76%), Copper: 0.05mg (2.6%), Vitamin E: 0.37mg (2.45%), Folate: 9.06µg (2.26%), Magnesium: 7.73mg (1.93%), Vitamin B1: 0.03mg (1.86%), Zinc: 0.26mg (1.74%), Vitamin K: 1.7µg (1.62%), Potassium: 54.02mg (1.54%), Selenium: 0.97µg (1.38%), Vitamin B12: 0.08µg (1.33%), Iron: 0.2mg (1.13%)