



Grilled Focaccia with Prosciutto and Fennel

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



231 kcal

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 cups fennel bulb thinly sliced (2 small bulbs)
- ☐ 1 tablespoon sage fresh thinly sliced
- ☐ 6 ounces preshredded mozzarella cheese fat-free
- ☐ 1 teaspoon olive oil
- ☐ 3 ounces pancetta very thin
- ☐ 5.5 ounce focaccias italian (2 [6-inch]) (flatbread)
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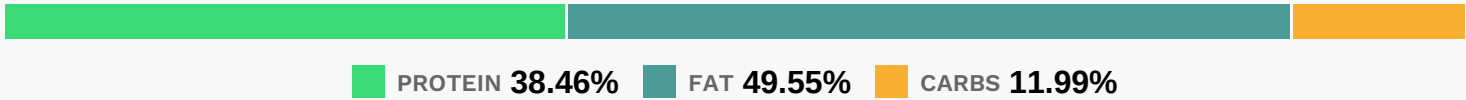
Equipment

☐ frying pan

Directions

- ☐ Steam fennel, covered, 10 minutes or until tender.
- ☐ Place a nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add fennel, and saute 1 minute or until lightly browned.
- ☐ Slice each focaccia in half horizontally.
- ☐ Sprinkle cheese over cut sides of 2 pieces of focaccia.
- ☐ Sprinkle evenly with sage. Arrange fennel and prosciutto over sage; sprinkle with pepper. Top with remaining focaccia halves.
- ☐ Brush each sandwich with 1/2 teaspoon olive oil.
- ☐ Place a nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Add sandwiches, and cook 3 minutes on each side or until sandwiches are golden.
- ☐ Cut each sandwich into 3 wedges.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:17.812608739604%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 231.05kcal (11.55%), Fat: 12.81g (19.7%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 3.99g (1.45%), Sugar: 3.12g (3.47%), Cholesterol: 28.92mg (9.64%), Sodium: 639.25mg (27.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.36g (44.73%), Copper: 6.13mg (306.66%), Calcium: 588.21mg (58.82%), Phosphorus: 442.64mg (44.26%), Vitamin K: 38.27µg (36.45%), Selenium: 16.82µg (24.03%), Zinc: 2.71mg (18.08%), Manganese: 0.32mg (16.18%), Vitamin B2: 0.21mg (12.6%), Fiber: 2.98g (11.93%), Vitamin B12: 0.66µg (11.06%), Potassium: 366mg (10.46%), Magnesium: 35.52mg (8.88%), Vitamin C: 6.96mg (8.44%), Vitamin B3: 1.58mg (7.9%), Vitamin B6: 0.15mg (7.41%), Vitamin A: 361.39IU (7.23%), Vitamin B1: 0.1mg (6.76%), Folate: 21.34µg (5.34%), Iron: 0.95mg (5.3%), Vitamin E: 0.73mg (4.87%), Vitamin B5: 0.29mg (2.93%)