



## Grilled Italian Foccacia

 Gluten Free

READY IN



33 min.

SERVINGS



33

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tbsp basil fresh chopped
- 3 Tbsp oil divided
- 1.5 cups polly-o parmesan cheese shredded
- 2 plum tomatoes sliced
- 1 env. seasons dressing mix italian good
- 1.3 cups water hot (120°F to 130°F)
- 16 oz roll mix hot
- 16 oz roll mix hot

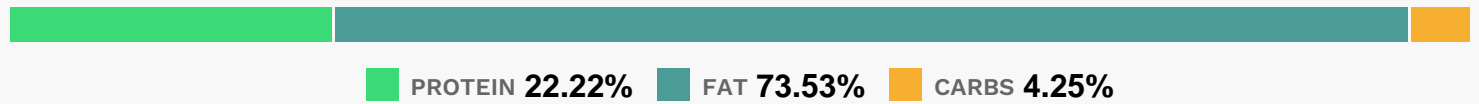
# Equipment

- bowl
- plastic wrap
- grill

# Directions

- Mix roll mix, yeast packet and dressing mix.
- Add hot water and 2 Tbsp. of the oil. Stir until soft dough forms and dough pulls away from side of bowl.
- Place dough on lightly floured surface; knead 5 minutes or until smooth and elastic. Shape dough into 2 (10-inch) rounds. Cover with plastic wrap or towel.
- Let rise in warm place 15 minutes.
- Place dough rounds on greased grill over medium-low coals. Grill 4 minutes; turn.
- Brush with remaining 1 Tbsp. oil. Top with cheese, tomatoes and basil. Grill an additional 4 minutes or until bottom crust is golden brown.

# Nutrition Facts



# Properties

Glycemic Index:4.09, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.0356521859117%

# Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 29.92kcal (1.5%), Fat: 2.46g (3.78%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.14g (0.15%), Cholesterol: 3.09mg (1.03%), Sodium: 75.74mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Calcium: 55.14mg (5.51%), Phosphorus: 32.66mg (3.27%), Vitamin K: 2.87µg (2.73%), Vitamin A: 86.94IU (1.74%), Vitamin E: 0.26mg (1.71%), Selenium: 1.02µg (1.46%)