



Grilled Vegetable Focaccia

READY IN



45 min.

SERVINGS



12

CALORIES



184 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup olive oil extravirgin divided
- ☐ 0.5 teaspoon fennel seeds
- ☐ 13.5 ounces flour all-purpose
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 teaspoons oregano dried
- ☐ 1 onion red cut into (1/4-inch-thick) slices

- ☐ 0.3 cup romano cheese shredded
- ☐ 1.5 teaspoons salt divided
- ☐ 4 teaspoons sugar
- ☐ 1.3 cups warm water (100° to 110°)
- ☐ 1 bell pepper yellow seeded quartered
- ☐ 6 ounces zucchini thick cut into (1/4-inch-) slices

Equipment

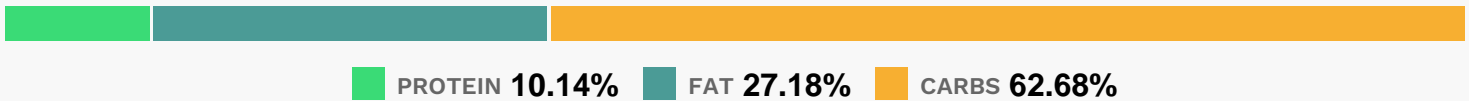
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ grill
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and sugar in 1 1/3 cups warm water and 2 tablespoons oil in a large bowl; let stand 5 minutes.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 2 2/3 cups flour, oregano, 1 teaspoon salt, and fennel seeds; stir well.
- ☐ Add flour mixture to yeast mixture, stirring to combine. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining 1/3 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ 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, 1 1/2 hours or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Press dough out onto a jelly-roll pan coated with cooking spray. Cover and let rise for 30 minutes.
- ☐ Preheat grill.
- ☐ Combine remaining 2 tablespoons oil and balsamic vinegar in a small bowl.

- ☐ Brush oil mixture evenly over zucchini, bell pepper, and onion.
- ☐ Sprinkle with remaining 1/2 teaspoon salt and black pepper.
- ☐ Place vegetables on a grill rack coated with cooking spray. Grill zucchini 4 minutes on each side or until cooked through. Grill bell peppers and onions 6 minutes on each side or until tender.
- ☐ Remove vegetables from grill. Cool completely.
- ☐ Cut bell peppers into 1/4-inch-thick strips.
- ☐ Preheat oven to 42
- ☐ Arrange vegetables evenly over surface of dough, and sprinkle with cheese.
- ☐ Bake at 425 for 27 minutes or until golden.
- ☐ Sprinkle with basil.
- ☐ Transfer to a wire rack; cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:19.04, Inflammation Score:-6, Nutrition Score:8.1404347617341%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 183.56kcal (9.18%), Fat: 5.53g (8.51%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 27.09g (9.85%), Sugar: 2.59g (2.88%), Cholesterol: 2.17mg (0.72%), Sodium: 320.54mg (13.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.29%), Vitamin C: 21.53mg (26.1%), Vitamin B1: 0.33mg (21.99%), Folate: 81.03µg (20.26%), Selenium: 11.29µg (16.13%), Manganese: 0.31mg (15.55%), Vitamin B2: 0.21mg (12.34%), Vitamin B3: 2.31mg (11.54%), Iron: 1.84mg (10.2%), Vitamin K: 7.78µg (7.41%), Phosphorus: 66.24mg (6.62%), Fiber: 1.61g (6.44%), Vitamin E: 0.76mg (5.04%), Calcium: 41.91mg (4.19%), Copper: 0.08mg (4.1%), Vitamin B6: 0.08mg (4.01%), Magnesium: 15.12mg (3.78%), Potassium: 124.2mg (3.55%), Vitamin B5: 0.29mg (2.89%), Zinc: 0.42mg (2.83%), Vitamin A: 89.63IU (1.79%)