

Herbed Focaccia

 Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



242 kcal

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons penzey's southwest seasoning italian
- 3 tablespoons olive oil divided
- 15 ounce refrigerator pizza dough at room temperature
- 2 plum tomatoes sliced thin
- 1 teaspoon salt

Equipment

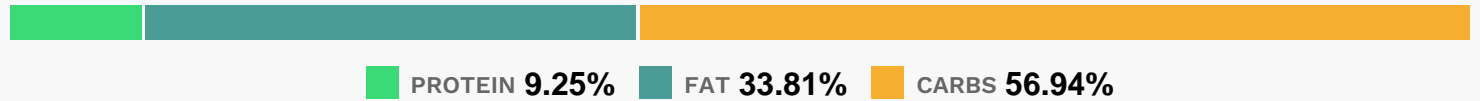
- bowl
- frying pan

oven

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Coat a 13 by 9-inch sheet pan with 1 tablespoon of olive oil.
- Spread out the pizza dough to fit the sheet pan.
- In a small bowl mix together the Italian seasoning and remaining olive oil.
- Brush the seasoned oil all over the top of the dough, making sure to reserve about 2 teaspoons. Using your fingers punch dimples about halfway down into the dough.
- Bake in the hot oven for about 8 minutes.
- Remove the focaccia from the oven, top with tomato slices, sprinkle with salt and pepper, to taste, and brush with remaining 2 teaspoons of the oil mixture. Return to the oven and bake until the focaccia is gold brown, about 15 to 20 minutes.
- Cut into squares and serve warm with Tuscan Peasant Soup with Tortellini.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.5199999830321%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 241.93kcal (12.1%), Fat: 9.27g (14.26%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 33.51g (12.18%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 901.35mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Iron: 2.27mg (12.59%), Vitamin K: 10.13µg (9.65%), Vitamin E: 1.24mg (8.28%), Fiber: 1.62g (6.46%), Vitamin A: 183.95IU (3.68%), Vitamin C: 2.85mg (3.45%), Manganese:

0.07mg (3.42%), Potassium: 58.64mg (1.68%), Calcium: 13.39mg (1.34%), Vitamin B6: 0.02mg (1.19%), Folate: 4.69µg (1.17%), Magnesium: 4.23mg (1.06%)