



Herbed Tomato Focaccia

READY IN



45 min.

SERVINGS



9

CALORIES



117 kcal

Ingredients

- ☐ 11 ounce bread dough refrigerated french canned
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon seasoning dried italian
- ☐ 2 teaspoons olive oil
- ☐ 1.3 ounces parmesan fresh grated
- ☐ 0.3 teaspoon pepper
- ☐ 2 plum tomatoes very thinly sliced
- ☐ 0.3 teaspoon salt

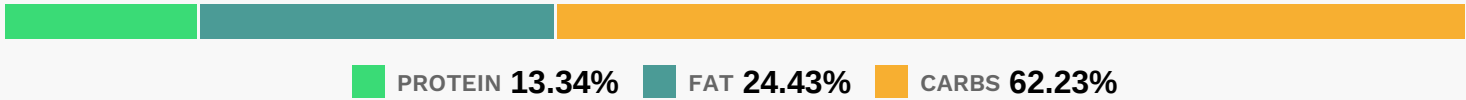
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Unroll dough onto a baking sheet coated with cooking spray. (Do not stretch dough.)
- ☐ Spread oil and garlic evenly over dough, using fingers.
- ☐ Sprinkle dough with Italian seasoning, salt, and pepper. Top with a single layer of tomato slices.
- ☐ Bake at 375 for 13 minutes; sprinkle with cheese.
- ☐ Bake 1 to 2 minutes or until cheese melts.
- ☐ Cut into 9 pieces.
- ☐ Serve immediately with soup or salad.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.62999999906965%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 116.79kcal (5.84%), Fat: 3.03g (4.66%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 16.41g (5.97%), Sugar: 0.41g (0.46%), Cholesterol: 2.86mg (0.95%), Sodium: 295.73mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Calcium: 56.16mg (5.62%), Fiber: 0.96g (3.85%), Phosphorus: 33.89mg (3.39%), Vitamin A: 151.71IU (3.03%), Vitamin K: 3.18µg (3.03%), Vitamin C: 2.1mg (2.55%), Manganese: 0.05mg (2.3%), Vitamin E: 0.25mg (1.69%), Selenium: 1.05µg (1.5%), Vitamin B6: 0.03mg (1.28%), Potassium: 42.75mg (1.22%), Vitamin B2: 0.02mg (1.09%), Magnesium: 4.23mg (1.06%), Zinc: 0.15mg (1.02%)