



## Lemon-Rosemary Focaccia

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

### Ingredients

- 0.3 teaspoon sea salt
- 8 ounce crescent dinner roll dough refrigerated reduced-fat canned
- 1 tablespoon rosemary leaves fresh
- 1 small optional: lemon paper-thin cut into slices
- 0.3 teaspoon cracked pepper black
- 1 tablespoon pinenuts

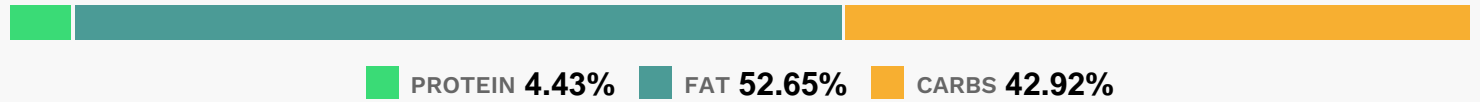
### Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 37
- Unroll dough onto an ungreased baking sheet, being careful not to separate into pieces. Gently press dough together along perforations to seal. Arrange lemon slices evenly over dough.
- Sprinkle evenly with rosemary leaves and next 3 ingredients; lightly coat with cooking spray.
- Place on bottom rack in oven, and bake at 375 for 14 minutes or until edges are golden.
- Cut into 8 equal portions.
- Serve warm.
- Focaccia (foh-KAH-chee-ah) is a flat, slightly raised bread that is particularly popular in the coastal regions of Italy, where the humid air prevents full rising of traditional yeast dough.

## Nutrition Facts



## Properties

Glycemic Index:7.19, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.2986956523812%

## Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 112.04kcal (5.6%), Fat: 7.01g (10.78%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.38g (4.5%), Sugar: 3.22g (3.58%), Cholesterol: 0mg (0%), Sodium: 295.59mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Vitamin C: 7.22mg (8.75%), Manganese: 0.12mg (6.23%), Iron: 0.53mg (2.95%), Fiber: 0.48g (1.9%), Copper: 0.02mg (1.16%), Magnesium: 4.55mg (1.14%)