



Mini Turkey Focaccia Sandwiches

READY IN



65 min.

SERVINGS



12

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby spinach packed
- 0.5 teaspoon garlic powder
- 0.5 teaspoon seasoning italian
- 1 oz parmesan shredded
- 2 medium plum tomatoes thinly sliced (Roma)
- 13.8 oz pizza dough refrigerated canned
- 0.5 cup roasted peppers red
- 0.5 lb turkey smoked cooked thinly sliced (from deli)
- 1 tablespoon vegetable oil

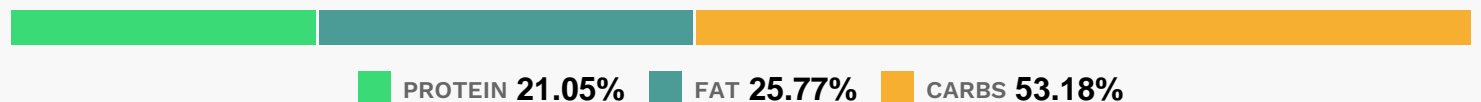
Equipment

- baking sheet
- oven
- toothpicks
- wooden spoon
- serrated knife

Directions

- Heat oven to 400F. Grease large cookie sheet with shortening or cooking spray. Unroll pizza crust; press into 12x8-inch rectangle on cookie sheet. With end of handle of wooden spoon, press indentations in top of dough, about 1 inch apart.
- Brush dough with oil; sprinkle with garlic powder, Italian seasoning and Parmesan cheese.
- Bake 10 to 13 minutes or until golden brown. Cool 30 minutes.
- Cut focaccia in half lengthwise to make 2 (12x4-inch) pieces.
- Spread bottom of each focaccia piece with 1/4 cup dip. Top 1 piece with single layer of tomatoes and the spinach.
- Layer turkey evenly over spinach.
- Place remaining focaccia piece, dip side down, over turkey; press lightly.
- With long serrated knife, cut into 6 rows crosswise by 2 rows lengthwise to make 12 square sandwiches. Secure each sandwich through all layers with toothpick.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:4.6939130904882%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg,

Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 123.1kcal (6.15%), Fat: 3.57g (5.5%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 15.75g (5.73%), Sugar: 2.35g (2.61%), Cholesterol: 11.27mg (3.76%), Sodium: 373.01mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Vitamin K: 27.61µg (26.29%), Vitamin A: 612.64IU (12.25%), Iron: 1.26mg (7.02%), Vitamin C: 5.54mg (6.71%), Vitamin B3: 1.16mg (5.82%), Vitamin B6: 0.11mg (5.69%), Selenium: 3.49µg (4.99%), Phosphorus: 47.69mg (4.77%), Calcium: 39.25mg (3.93%), Manganese: 0.07mg (3.67%), Folate: 13.54µg (3.39%), Fiber: 0.84g (3.36%), Vitamin B12: 0.19µg (3.2%), Vitamin B2: 0.05mg (2.73%), Potassium: 95.68mg (2.73%), Magnesium: 10.44mg (2.61%), Zinc: 0.36mg (2.43%), Vitamin E: 0.28mg (1.89%), Copper: 0.03mg (1.62%), Vitamin B5: 0.14mg (1.36%), Vitamin B1: 0.02mg (1.15%)