



## Olive Focaccia with Roasted Bell Pepper Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon rosemary dried crushed
- 0.3 cup kalamata olives pitted coarsely chopped
- 8 oz cream cheese light with roasted garlic
- 3 tablespoons olive oil
- 0.5 teaspoon oregano dried
- 7.3 oz roasted peppers red drained
- 1 Loaf frangelico refrigerated white (1 lb. 1.4-oz.)


### Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- baking pan

## Directions

- Heat oven to 400F. Grease bottom only of 15x10x1-inch baking pan with 1 tablespoon of the olive oil.
- Remove dough from can; carefully unroll dough.
- Cut in half crosswise.
- Place side by side in greased pan.
- With fingertips, make indentations over both halves.
- Brush 1 tablespoon of the remaining oil on each half of dough.
- Sprinkle with olives; press lightly into dough
- Sprinkle evenly with rosemary and oregano.
- Bake at 400F. for 15 to 20 minutes or until golden brown.
- Remove focaccia from pan; place on wire rack. Cool 5 minutes.
- Meanwhile, in food processor bowl with metal blade, combine cream cheese and roasted peppers; process until smooth.
- Place in small serving bowl.
- Cut each focaccia in half lengthwise; cut each half crosswise into 8 strips.
- Place strips on serving platter with dip.

## Nutrition Facts

 PROTEIN 8.5%  FAT 79.33%  CARBS 12.17%

## Properties

Glycemic Index:4.69, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.6891304332277%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 57.25kcal (2.86%), Fat: 5.16g (7.94%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.84g (0.93%), Cholesterol: 7.65mg (2.55%), Sodium: 259.72mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Vitamin C: 5.98mg (7.25%), Vitamin E: 0.51mg (3.39%), Vitamin A: 154.59IU (3.09%), Calcium: 28.45mg (2.84%), Phosphorus: 24.3mg (2.43%), Vitamin B12: 0.13µg (2.17%), Vitamin K: 2.15µg (2.05%), Vitamin B2: 0.03mg (1.8%), Potassium: 55.53mg (1.59%), Vitamin B6: 0.03mg (1.53%), Manganese: 0.03mg (1.27%), Vitamin B5: 0.13mg (1.26%), Folate: 4.98µg (1.24%), Copper: 0.02mg (1.21%), Fiber: 0.25g (1.01%)