



Onion and Rosemary Focaccia Wedges

READY IN



15 min.

SERVINGS



6

CALORIES



189 kcal

Ingredients

- ☐ 1 serving olive oil cooking spray
- ☐ 10 ounces pizza dough refrigerated canned
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 teaspoon rosemary dried crumbled
- ☐ 1 large onion sweet spanish separated thinly sliced (Bermuda, Maui, or Vidalia)
- ☐ 0.8 cup parmesan cheese grated
- ☐ 1 serving pam original flavor shopping list
- ☐ 0.3 teaspoon salt

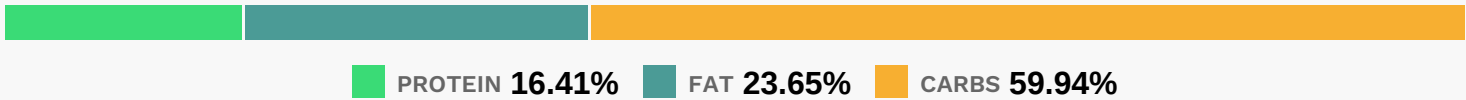
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven 400°. Spray cookie sheet with cooking spray.
- ☐ Roll or pat pizza dough into 13x9-inch rectangle on cookie sheet.
- ☐ Sprinkle with garlic and rosemary. Arrange onion rings evenly over dough.
- ☐ Sprinkle with cheese.
- ☐ Bake about 12 minutes or until cheese just begins to brown. Lightly spray focaccia with cooking spray; sprinkle with salt.
- ☐ Cut into 6 wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:3.601739126703%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 189.04kcal (9.45%), Fat: 5.04g (7.76%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.52g (10.01%), Sugar: 5.72g (6.36%), Cholesterol: 10.88mg (3.63%), Sodium: 661.95mg (28.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.75%), Calcium: 124.42mg (12.44%), Phosphorus: 96.45mg (9.64%), Iron: 1.5mg (8.36%), Selenium: 4.86µg (6.95%), Vitamin B6: 0.1mg (5.03%), Fiber: 1.24g (4.96%), Zinc: 0.63mg (4.21%), Manganese: 0.08mg (3.9%), Vitamin C: 3.12mg (3.78%), Folate: 13.51µg (3.38%), Vitamin B2: 0.06mg (3.28%), Vitamin B12: 0.17µg (2.81%), Potassium: 94.76mg (2.71%), Magnesium: 9.74mg (2.43%), Vitamin A: 109.07IU (2.18%), Copper: 0.04mg (2.02%), Vitamin B1: 0.03mg (1.94%), Vitamin B5: 0.1mg (1.04%)