



Pear and Pepper Focaccia

READY IN



120 min.

SERVINGS



12

CALORIES



203 kcal

Ingredients

- ☐ 1 lb bread dough white frozen thawed
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup freshly parmesan cheese shredded
- ☐ 2 medium firm-ripe pears
- ☐ 12 servings parsley pesto
- ☐ 1.5 tablespoons sugar

Equipment

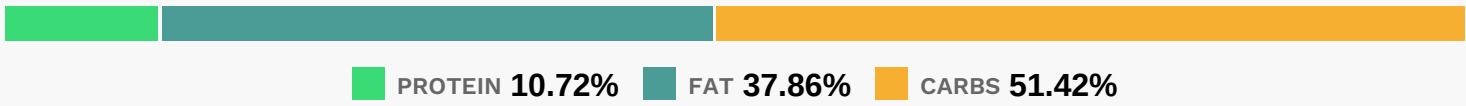
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Place dough in a lightly oiled 10- by 15-in. rimmed pan; press and push to cover pan evenly. If dough is too elastic, let it rest a few minutes, then press again. Cover dough lightly with plastic wrap and let stand in a warm place until puffy, about 1 hour.
- ☐ Meanwhile, put lemon juice in a bowl. Core and thinly slice pears into bowl, mixing fruit with juice. Preheat oven to 40
- ☐ With your fingertips, gently press dough to cover it with dimpled impressions; also press dough gently into pan corners.
- ☐ Spread pesto evenly over dough. Arrange pear slices on dough and press in gently.
- ☐ Mix sugar and pepper and sprinkle over pears.
- ☐ Bake focaccia 20 minutes, then sprinkle with parmesan and parsley. Continue baking until focaccia is well browned on edges and underside, 10 to 15 minutes longer.
- ☐ Cut hot or cool focaccia into pieces.
- ☐ Make ahead: Cool, cover, and hold at room temperature up to 6 hours. To reheat, lightly cover pan with foil and bake in a 350 oven until warm, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.82, Glycemic Load:2.44, Inflammation Score:-3, Nutrition Score:2.2234782557125%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-

gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 202.5kcal (10.12%), Fat: 8.33g (12.81%), Saturated Fat: 2g (12.47%), Carbohydrates: 25.46g (8.49%), Net Carbohydrates: 23.51g (8.55%), Sugar: 4.98g (5.54%), Cholesterol: 5.45mg (1.82%), Sodium: 418.52mg (18.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.61%), Calcium: 101.72mg (10.17%), Fiber: 1.95g (7.79%), Vitamin A: 359.69IU (7.19%), Phosphorus: 47.4mg (4.74%), Vitamin C: 2.24mg (2.72%), Selenium: 1.46µg (2.08%), Manganese: 0.04mg (1.86%), Vitamin B2: 0.03mg (1.73%), Vitamin K: 1.68µg (1.6%), Copper: 0.03mg (1.45%), Zinc: 0.2mg (1.37%), Magnesium: 5.26mg (1.32%), Potassium: 44.98mg (1.29%), Vitamin B12: 0.08µg (1.25%), Iron: 0.21mg (1.17%)