



Pear and Rosemary Focaccia with Fontina Cheese

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



232 kcal

Ingredients

- 16 ounces sandwich bread white with yeast
- 1.3 cups water (120° to 130°)
- 0.3 cup vegetable oil
- 1 tablespoon rosemary dried fresh crumbled chopped
- 1 medium pears green red unpeeled thinly sliced
- 16 slices fontina cut in half
- 1 sprigs rosemary leaves fresh

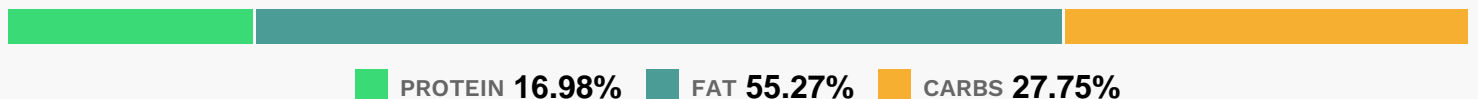
Equipment

- bowl
- baking sheet
- oven
- pizza pan
- plastic wrap
- wooden spoon

Directions

- Mix contents of flour pouch and yeast packet in large bowl. Stir in water and 2 tablespoons of the oil until dough is soft and leaves side of bowl.
- Place dough on lightly floured surface. Knead about 5 minutes or until dough is smooth and springy, sprinkling with additional flour as necessary if sticky. Cover with large bowl; let rest 5 minutes.
- Grease large cookie sheet or 12-inch pizza pan with small amount of oil. Press dough into 12-inch circle on cookie sheet. Cover loosely with plastic wrap lightly sprayed with cooking spray and let rise in warm place about 30 minutes or until
- double.
- Heat oven to 375°. Gently make depressions in dough about 1 inch apart with fingers or handle of wooden spoon. Carefully brush with remaining oil.
- Sprinkle with rosemary. Arrange pear slices on dough.
- Bake 15 to 25 minutes or until golden brown.
- Serve warm or cool. To serve, cut focaccia into 16 wedges. Alternate focaccia wedges with slices of cheese on serving platter.
- Garnish with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:13.03, Glycemic Load:10.57, Inflammation Score:-3, Nutrition Score:6.5904348388962%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 232.38kcal (11.62%), Fat: 14.3g (22%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 15.1g (5.49%), Sugar: 3.03g (3.37%), Cholesterol: 32.48mg (10.83%), Sodium: 360.33mg (15.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Calcium: 216.99mg (21.7%), Selenium: 10.65µg (15.22%), Phosphorus: 130.34mg (13.03%), Vitamin B1: 0.15mg (10.11%), Vitamin K: 9.63µg (9.17%), Manganese: 0.18mg (8.97%), Folate: 34.32µg (8.58%), Zinc: 1.25mg (8.31%), Vitamin B12: 0.47µg (7.84%), Vitamin B2: 0.13mg (7.56%), Vitamin B3: 1.41mg (7.05%), Iron: 1.07mg (5.97%), Vitamin A: 262.8IU (5.26%), Fiber: 1.05g (4.2%), Vitamin E: 0.52mg (3.49%), Magnesium: 12.82mg (3.2%), Vitamin B5: 0.28mg (2.78%), Copper: 0.05mg (2.75%), Vitamin B6: 0.05mg (2.74%), Potassium: 65.23mg (1.86%), Vitamin D: 0.17µg (1.12%)