



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
- ☐ 16 slices fontina cut in half
- ☐ 1 medium pears green red unpeeled thinly sliced
- ☐ 1 sprigs rosemary leaves fresh
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups water (120° to 130°)

Equipment

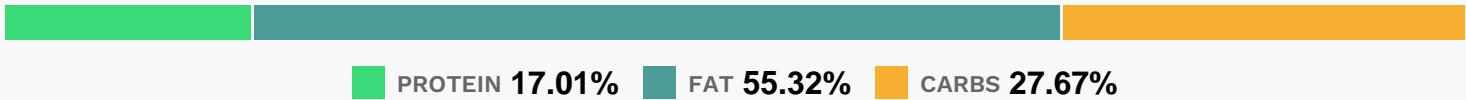
- ☐ bowl

- ☐ 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:8.66, Glycemic Load:10.55, Inflammation Score:-3, Nutrition Score:6.5334782937299%

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: 231.96kcal (11.6%), Fat: 14.28g (21.97%), Saturated Fat: 6.3g (39.4%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 15.08g (5.48%), Sugar: 3.03g (3.37%), Cholesterol: 32.48mg (10.83%), Sodium: 360.26mg (15.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.76%), Calcium: 215.39mg (21.54%), Selenium: 10.65µg (15.21%), Phosphorus: 130.25mg (13.03%), Vitamin B1: 0.15mg (10.06%), Vitamin K: 9.63µg (9.17%), Manganese: 0.18mg (8.86%), Folate: 33.93µg (8.48%), Zinc: 1.24mg (8.28%), Vitamin B12: 0.47µg (7.84%), Vitamin B2: 0.13mg (7.53%), Vitamin B3: 1.41mg (7.05%), Iron: 1.04mg (5.77%), Vitamin A: 258.89IU (5.18%), Fiber: 1g (3.99%), Vitamin E: 0.52mg (3.49%), Magnesium: 12.54mg (3.14%), Vitamin B5: 0.28mg (2.78%), Copper: 0.05mg (2.71%), Vitamin B6: 0.05mg (2.63%), Potassium: 64.04mg (1.83%), Vitamin D: 0.17µg (1.12%)