



POLLY-OÂ® Quick Focaccia

READY IN



25 min.

SERVINGS



25

CALORIES



70 kcal

Ingredients

- 1.5 tsp rosemary fresh
- 0.8 tsp thyme leaves fresh
- 1.5 cups polly-o so-quick low-moisture milk mozzarella shredded whole with parmesan cheese finely
- 1 Tbsp olive oil
- 2 Tbsp marinated olives black pitted sliced
- 1 pizza crust italian
- 0.3 cup onions red thinly sliced

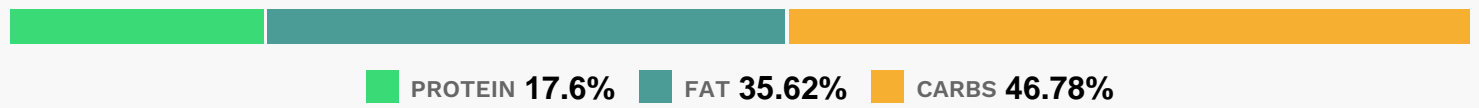
Equipment

- oven

Directions

- Preheat oven to 450F.
- Brush pizza crust lightly with oil.
- Top with cheese, onions, olives and seasonings.
- Place directly on oven rack.
- Bake 8 to 10 min. or until cheese is melted.
- Cut into 6 wedges to serve.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.1473913048596%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 70kcal (3.5%), Fat: 2.76g (4.25%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.87g (2.86%), Sugar: 0.43g (0.48%), Cholesterol: 4.41mg (1.47%), Sodium: 141.46mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Calcium: 62.32mg (6.23%), Phosphorus: 36.68mg (3.67%), Selenium: 1.82µg (2.61%), Iron: 0.46mg (2.56%), Vitamin B12: 0.11µg (1.86%), Zinc: 0.25mg (1.66%), Vitamin B2: 0.03mg (1.47%), Fiber: 0.3g (1.19%)