



Pumpkin Seed Focaccia

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

Ingredients

- 0.3 ounce active yeast dry
- 0.5 cup feta cheese crumbled
- 1 teaspoon olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 1.5 tablespoons oregano dried
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon sea salt fine
- 1.5 teaspoons sea salt fine
- 1 large tomatoes red thinly sliced

- 3.5 cups unbleached flour all-purpose divided
- 0.5 cup pumpkin seeds unsalted hulled toasted
- 1.5 cups warm water (100° to 110°)
- 1 tablespoon wheat gluten
- 1 large tomatoes yellow thinly sliced

Equipment

- bowl
- oven
- pizza pan
- hand mixer

Directions

- Stir together yeast and warm water in a large bowl; let stand 5 minutes.
- Add 1 teaspoon olive oil, 1 cup flour, wheat gluten, and 1 1/2 teaspoons sea salt; beat at medium speed with an electric mixer until well blended. Gradually stir in enough remaining flour to make a soft dough.
- Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 5 minutes).
- Place in a well-greased bowl, turning to grease top.
- Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Punch dough down. Knead pumpkin seeds into dough. Lightly grease hands, and pat dough evenly into a lightly greased 14-inch pizza pan. Arrange red and yellow tomato slices overlapping on top of dough.
- Combine oregano, 1/4 teaspoon sea salt, and pepper; sprinkle over tomato.
- Sprinkle evenly with cheese, and drizzle with 2 tablespoons olive oil.
- Bake at 400 for 35 minutes or until bottom of crust is browned.
- Let cool slightly; cut into wedges.
- *Wheat gluten can be found in the grocery store's baking section or in health-food

Nutrition Facts

PROTEIN 12.99% FAT 29.58% CARBS 57.43%

Properties

Glycemic Index:22.13, Glycemic Load:30.54, Inflammation Score:-8, Nutrition Score:14.037825978321%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 313.19kcal (15.66%), Fat: 10.34g (15.91%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 45.18g (15.06%), Net Carbohydrates: 42.28g (15.37%), Sugar: 0.88g (0.98%), Cholesterol: 8.34mg (2.78%), Sodium: 630.42mg (27.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.43%), Manganese: 0.79mg (39.58%), Vitamin B1: 0.56mg (37.1%), Folate: 133.7µg (33.42%), Selenium: 20.76µg (29.65%), Vitamin B2: 0.41mg (23.84%), Vitamin B3: 4.19mg (20.93%), Iron: 3.68mg (20.42%), Phosphorus: 189.58mg (18.96%), Magnesium: 60.47mg (15.12%), Fiber: 2.9g (11.62%), Copper: 0.21mg (10.39%), Vitamin K: 10.8µg (10.29%), Zinc: 1.36mg (9.05%), Calcium: 77.75mg (7.77%), Vitamin E: 0.96mg (6.41%), Potassium: 197.93mg (5.66%), Vitamin B6: 0.11mg (5.64%), Vitamin B5: 0.52mg (5.22%), Vitamin A: 245.95IU (4.92%), Vitamin C: 3.29mg (3.98%), Vitamin B12: 0.16µg (2.65%)