



## Quick Focaccia

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

### Ingredients

- 1 teaspoon thyme leaves dried
- 1 ounce goat cheese crumbled
- 1.3 cups mushrooms sliced
- 1 tablespoon olive oil
- 0.5 teaspoon pepper freshly ground
- 10 ounce pizza crust dough refrigerated canned
- 0.3 teaspoon salt

### Equipment

- baking sheet

oven

## Directions

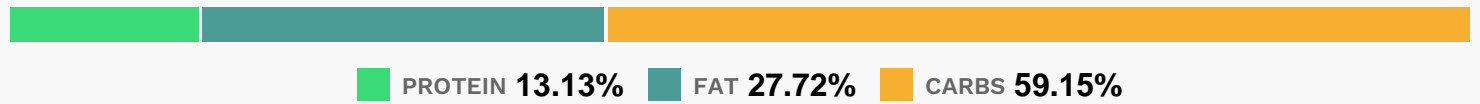
Preheat oven to 37

Unroll dough on a baking sheet coated with cooking spray; pat dough into a 10- x 8-inch rectangle.

Brush dough with olive oil; sprinkle mushrooms and remaining 4 ingredients evenly over dough.

Bake at 375 for 17 minutes or until crust is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.9565217209899%

## Nutrients (% of daily need)

Calories: 116.18kcal (5.81%), Fat: 3.66g (5.64%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 16.82g (6.11%), Sugar: 2.55g (2.83%), Cholesterol: 1.63mg (0.54%), Sodium: 342.85mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Iron: 1.28mg (7.12%), Vitamin B2: 0.08mg (4.62%), Copper: 0.08mg (3.98%), Vitamin K: 3.46µg (3.3%), Fiber: 0.77g (3.08%), Vitamin B3: 0.6mg (3%), Vitamin B5: 0.27mg (2.65%), Phosphorus: 23.28mg (2.33%), Selenium: 1.6µg (2.28%), Manganese: 0.04mg (1.85%), Vitamin E: 0.27mg (1.8%), Potassium: 54.51mg (1.56%), Vitamin B6: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.08%)