



Roasted Garlic, Tomato, and Basil Squares

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2.3 teaspoons yeast dry
- 13.5 ounces flour all-purpose divided
- 0.5 cup basil fresh chopped
- 1 garlic clove whole
- 2 tablespoons mayonnaise light
- 1 ounce parmesan fresh grated
- 4 ounces part-skim mozzarella cheese shredded
- 9 ounces plum tomatoes chopped

- 0.3 teaspoon salt
- 1 teaspoon salt
- 0.3 teaspoon sugar
- 1 cup water (100° to 110°)
- 2 tablespoons cornmeal yellow

Equipment

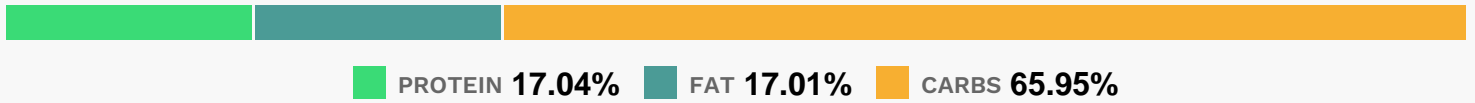
- bowl
- baking sheet
- baking paper
- oven
- knife
- aluminum foil
- measuring cup

Directions

- Dissolve yeast and sugar in 1 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 3/4 cups flour and 1 teaspoon salt to yeast mixture, stirring until well blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining 1/4 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- Preheat oven to 40
- While dough rises, remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.
- Bake at 400 for 40 minutes; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- Cover a baking sheet with parchment paper; sprinkle with cornmeal.

- Place dough on prepared baking sheet.
- Roll dough into a 15 x 10-inch rectangle. Lightly coat dough with cooking spray.
- Bake at 400 for 10 minutes or until lightly browned; remove from oven.
- Combine garlic pulp, tomato, and remaining ingredients in a medium bowl.
- Spread cheese mixture over crust; bake at 400 for 15 minutes or until lightly browned.
- Let stand for 10 minutes.
- Cut into 12 squares.

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:18.66, Inflammation Score:-5, Nutrition Score:7.7256521362325%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 168.06kcal (8.4%), Fat: 3.14g (4.83%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 25.93g (9.43%), Sugar: 0.97g (1.08%), Cholesterol: 8.03mg (2.68%), Sodium: 361.02mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Vitamin B1: 0.33mg (22.07%), Folate: 77.57µg (19.39%), Selenium: 12.95µg (18.5%), Manganese: 0.28mg (13.87%), Vitamin B2: 0.22mg (13.18%), Vitamin B3: 2.31mg (11.56%), Calcium: 112.34mg (11.23%), Phosphorus: 108.52mg (10.85%), Iron: 1.69mg (9.36%), Vitamin K: 7.45µg (7.09%), Vitamin A: 295.65IU (5.91%), Fiber: 1.46g (5.85%), Zinc: 0.7mg (4.66%), Magnesium: 15.69mg (3.92%), Copper: 0.08mg (3.86%), Vitamin C: 3.17mg (3.85%), Potassium: 110.85mg (3.17%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.11µg (1.77%), Vitamin E: 0.22mg (1.46%)