



Rosemary-Red Pepper Focaccia

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

Ingredients

- 4.5 cups bisquick original baking mix all-purpose
- 0.7 cup buttermilk
- 2 teaspoons rosemary dried
- 2 garlic cloves minced
- 0.3 cup olive oil
- 12 ounce roasted bell peppers red drained chopped
- 0.5 teaspoon salt

Equipment

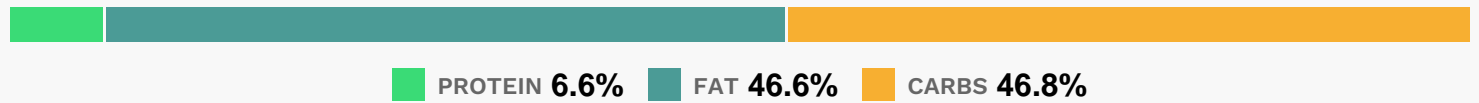
- bowl

- baking sheet
- oven
- whisk
- cutting board

Directions

- Combine first 4 ingredients in a large bowl.
- Whisk together buttermilk and oil, and stir into baking mix mixture until blended. Stir in chopped bell pepper.
- Turn dough out onto a lightly floured surface; knead 1 to 2 minutes. Press dough into an 11- x 7-inch rectangle on a lightly greased baking sheet.
- Bake at 400 for 20 to 25 minutes or until golden brown. Allow to cool slightly; invert onto a cutting board, and cut into squares.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:12.366956596789%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 389.71kcal (19.49%), Fat: 20.19g (31.06%), Saturated Fat: 4.32g (27%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 43.67g (15.88%), Sugar: 8.85g (9.83%), Cholesterol: 3.55mg (1.18%), Sodium: 1610.12mg (70.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Phosphorus: 421.54mg (42.15%), Vitamin B1: 0.41mg (27.32%), Vitamin C: 20.23mg (24.52%), Folate: 92.28µg (23.07%), Vitamin B2: 0.34mg (20.18%), Vitamin B3: 3.32mg (16.62%), Calcium: 163.12mg (16.31%), Manganese: 0.31mg (15.59%), Iron: 2.29mg (12.71%), Vitamin K: 9.88µg (9.41%), Vitamin E: 1.4mg (9.32%), Selenium: 6.04µg (8.63%), Copper: 0.17mg (8.34%), Fiber: 1.95g (7.82%), Vitamin B6: 0.14mg (7.2%), Vitamin B5: 0.69mg (6.93%), Magnesium: 23.8mg (5.95%), Vitamin B12: 0.36µg (5.92%), Potassium: 202.48mg (5.79%), Vitamin A: 257.68IU (5.15%), Zinc: 0.57mg (3.78%), Vitamin D: 0.26µg (1.73%)