



Salad-Filled Focaccia

 Vegetarian

READY IN



8 min.

SERVINGS



4

CALORIES



182 kcal

Ingredients

- 6 ounce focaccia bread cut in half horizontally
- 0.1 teaspoon pepper red crushed
- 3 tablespoons feta cheese crumbled reduced-fat
- 1 tablespoon juice of lemon fresh
- 2.5 cups salad greens mixed
- 1 tablespoon olive oil extra-virgin
- 0.3 cup pre onion refrigerated red

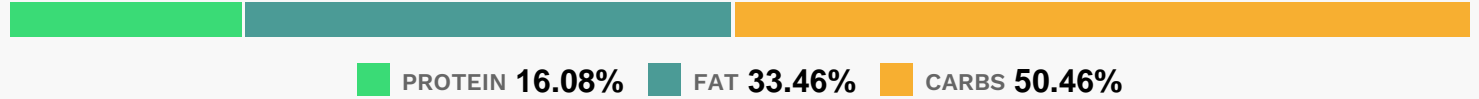
Equipment

- bowl

Directions

- Combine first 6 ingredients in a large bowl, tossing well to coat.
- Arrange salad on bottom half of loaf. Replace top half of loaf; cut crosswise into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:11.13, Inflammation Score:-4, Nutrition Score:7.4139131359432%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 181.9kcal (9.09%), Fat: 6.88g (10.59%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 21.38g (7.78%), Sugar: 3.5g (3.89%), Cholesterol: 6.03mg (2.01%), Sodium: 309.75mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Manganese: 0.56mg (28.12%), Selenium: 12.43µg (17.76%), Vitamin B3: 2.54mg (12.7%), Vitamin B1: 0.19mg (12.63%), Folate: 48.7µg (12.17%), Vitamin C: 8.32mg (10.09%), Iron: 1.75mg (9.72%), Fiber: 1.96g (7.84%), Vitamin B2: 0.12mg (7.32%), Phosphorus: 68.96mg (6.9%), Vitamin A: 303.87IU (6.08%), Calcium: 59.94mg (5.99%), Magnesium: 21.84mg (5.46%), Vitamin B6: 0.09mg (4.31%), Vitamin E: 0.62mg (4.11%), Vitamin K: 4.31µg (4.1%), Copper: 0.08mg (4.09%), Vitamin B5: 0.4mg (4.01%), Potassium: 127.54mg (3.64%), Zinc: 0.52mg (3.48%)