



## Spinach and Feta-Stuffed Focaccia

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

### Ingredients

- 12 ounce baby spinach
- 3 ounces feta cheese crumbled
- 3 garlic clove minced
- 0.7 cup golden raisins
- 0.3 teaspoon ground pepper red
- 2 tablespoons juice of lemon fresh
- 1 tablespoon milk 2% reduced-fat
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1.5 teaspoons oregano fresh chopped

- 1 ounce parmesan fresh grated
- 3 tablespoons pinenuts toasted
- 13.8 ounce pizza dough refrigerated canned
- 0.3 teaspoon salt
- 1 tablespoon water

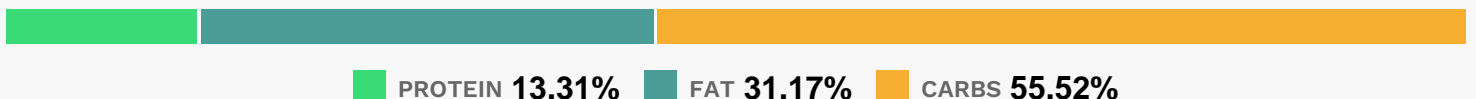
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 45
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 1 minute.
- Add half of spinach; cook 1 minute or until spinach wilts.
- Add remaining spinach; cook 2 minutes, stirring constantly, until spinach wilts.
- Remove from heat; stir in feta and next 6 ingredients (through pepper).
- Place dough on a baking sheet coated with cooking spray; pat dough into a 15 x 12-inch rectangle.
- Spread spinach mixture lengthwise over half of dough, leaving a 1-inch border. Fold other half of dough over filling; press edges together with a fork.
- Cut 5 (1-inch) diagonal slits in top of dough.
- Combine milk and water; brush evenly over dough.
- Sprinkle with Parmesan.
- Bake at 450 for 15 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:39.44, Glycemic Load:7.77, Inflammation Score:-10, Nutrition Score:22.089130300543%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

## Nutrients (% of daily need)

Calories: 343.97kcal (17.2%), Fat: 12.46g (19.16%), Saturated Fat: 3.84g (24%), Carbohydrates: 49.93g (16.64%), Net Carbohydrates: 46.36g (16.86%), Sugar: 14.9g (16.55%), Cholesterol: 16.03mg (5.34%), Sodium: 854.77mg (37.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.95%), Vitamin K: 282.11µg (268.68%), Vitamin A: 5461.27IU (109.23%), Manganese: 1.07mg (53.67%), Folate: 122.02µg (30.51%), Vitamin C: 19.96mg (24.19%), Iron: 4.26mg (23.64%), Calcium: 208.64mg (20.86%), Magnesium: 71.54mg (17.89%), Vitamin B2: 0.3mg (17.57%), Phosphorus: 165.47mg (16.55%), Potassium: 521.71mg (14.91%), Vitamin E: 2.14mg (14.25%), Fiber: 3.56g (14.25%), Vitamin B6: 0.28mg (13.84%), Copper: 0.22mg (10.94%), Zinc: 1.28mg (8.56%), Vitamin B1: 0.1mg (6.66%), Selenium: 4.28µg (6.12%), Vitamin B12: 0.31µg (5.16%), Vitamin B3: 1.03mg (5.15%), Vitamin B5: 0.28mg (2.79%)