



Spinach and Goat Cheese on Focaccia

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 ounces feta cheese crumbled
- ☐ 4 ounce flour italian toasted cut in half horizontally and flatbread
- ☐ 2 teaspoons olive oil
- ☐ 4 cups onion vertically sliced
- ☐ 2 servings try build-a-meal
- ☐ 1 tablespoon sherry vinegar
- ☐ 6 cups spinach leaves loosely packed

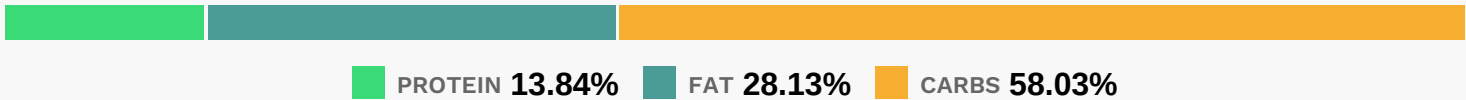
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; cook 5 minutes, stirring occasionally. Continue cooking 12 minutes or until golden brown, stirring constantly. Stir in vinegar and pepper.
- ☐ Remove from pan.
- ☐ Add spinach to pan; cook 1 minute or until spinach wilts.
- ☐ Remove from heat.Divide cheese evenly between bottom halves of focaccia. Top each half with 1/2 cup onion mixture, 1/3 cup spinach, and top halves of focaccia.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:18.76, Inflammation Score:-10, Nutrition Score:30.836086946985%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg Kaempferol: 7.82mg, Kaempferol: 7.82mg, Kaempferol: 7.82mg, Kaempferol: 7.82mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 68.53mg, Quercetin: 68.53mg, Quercetin: 68.53mg, Quercetin: 68.53mg

Nutrients (% of daily need)

Calories: 423.8kcal (21.19%), Fat: 13.78g (21.21%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 63.96g (21.32%), Net Carbohydrates: 55.26g (20.1%), Sugar: 14.95g (16.61%), Cholesterol: 25.23mg (8.41%), Sodium: 736.11mg (32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Vitamin K: 439.37µg (418.44%), Vitamin A: 8566.81IU (171.34%), Manganese: 1.33mg (66.52%), Folate: 244.66µg (61.17%), Vitamin C: 49.01mg (59.4%), Fiber: 8.7g (34.81%), Vitamin B6: 0.68mg (34.22%), Calcium: 304.62mg (30.46%), Vitamin B2: 0.5mg (29.37%), Potassium: 1000.56mg (28.59%), Magnesium: 111.69mg (27.92%), Phosphorus: 239.75mg (23.98%), Iron: 3.44mg (19.11%), Vitamin B1: 0.26mg (17.62%), Vitamin E: 2.53mg (16.9%), Copper: 0.26mg (13.1%), Zinc: 1.9mg (12.66%),

Selenium: 7.27µg (10.39%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.74mg (7.45%), Vitamin B3: 1.36mg (6.81%)