



Stuffed Focaccia With Roasted Pepper Vinaigrette

READY IN



18 min.

SERVINGS



6

CALORIES



407 kcal

Ingredients

- ☐ 3 cups peas mixed
- ☐ 9 inch bread
- ☐ 0.5 pint cherry tomatoes halved
- ☐ 3 ounce goat cheese crumbled
- ☐ 1 roasted chicken
- ☐ 6 servings roasted peppers divided
- ☐ 0.3 cup slivered almonds

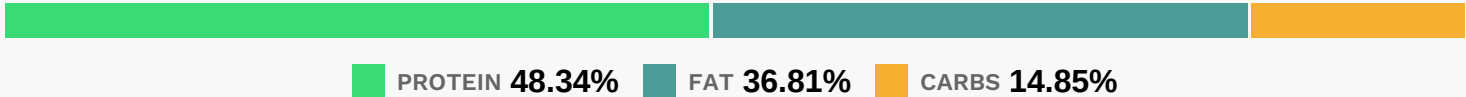
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Cut bread in half horizontally, using a serrated knife; place, cut sides up, on a baking sheet.
- ☐ Drizzle evenly with 1 cup Roasted Pepper Vinaigrette.
- ☐ Sprinkle evenly with goat cheese and pine nuts.
- ☐ Bake at 400 for 6 to 8 minutes or until lightly browned.
- ☐ Remove meat from chicken, and coarsely chop.
- ☐ Sprinkle chicken over bottom bread half. Top with lettuce and tomatoes; cover with top bread half.
- ☐ Cut into 6 wedges.
- ☐ Serve immediately with remaining 1/2 cup Roasted Pepper Vinaigrette.
- ☐ Note: We used focaccia topped with peppers, onions, mushrooms, and cheese from a local bakery.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:3.81, Inflammation Score:-8, Nutrition Score:24.823478030122%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 407.12kcal (20.36%), Fat: 16.35g (25.15%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 9.71g (3.53%), Sugar: 5.63g (6.26%), Cholesterol: 126.52mg (42.17%), Sodium: 211.88mg (9.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.31g (96.63%), Vitamin B3: 14.78mg (73.88%), Selenium: 42.54µg (60.78%), Vitamin C: 38.46mg (46.62%), Phosphorus: 459.59mg (45.96%), Vitamin B6: 0.86mg (42.86%), Vitamin B2: 0.45mg (26.74%), Manganese: 0.53mg (26.49%), Zinc: 3.7mg (24.66%), Vitamin B1: 0.34mg (22.75%), Iron: 3.85mg (21.4%), Fiber: 5.14g (20.54%), Copper: 0.41mg (20.27%), Vitamin A: 964.79IU (19.3%), Magnesium: 77.16mg (19.29%), Potassium: 672.76mg (19.22%), Vitamin K: 19.53µg (18.6%), Vitamin B5: 1.83mg (18.31%), Folate: 67.33µg (16.83%), Vitamin E: 1.5mg (10%), Vitamin B12: 0.49µg (8.18%), Calcium: 78.78mg (7.88%)