



Stuffed Foccacia with Roasted Eggplant and Oregano

READY IN



115 min.

SERVINGS



8

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 eggplants
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 0.5 pound mozzarella cheese sliced
- ☐ 8 servings olive oil extra-virgin for brushing
- ☐ 1 small bunch oregano leaves fresh
- ☐ 3 tablespoons parmesan freshly grated
- ☐ 1 pound pizza dough prepared

- ☐ 8 servings gray salt
- ☐ 0.8 cup tomato sauce

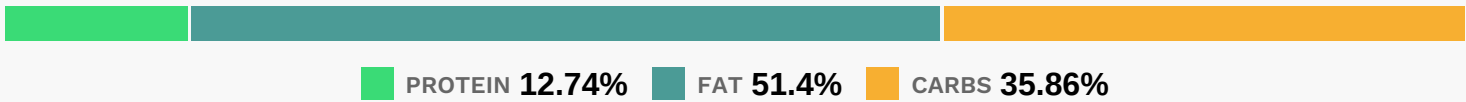
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 475 degrees F.
- ☐ Slice eggplant into 1/2-inch slices. Salt the eggplant and let it sit for 15 to 20 minutes; rinse the slices and pat dry.
- ☐ Brush them with olive oil, sprinkle with thyme, and season with pepper.
- ☐ Place the slices on a baking sheet and roast, not turning, until brown and tender, about 30 minutes.
- ☐ Let cool.
- ☐ Separate the dough into 4 rounds.
- ☐ Roll them out into 8 to 10-inch circles.
- ☐ Brush 2 of them with olive oil and lay half the eggplant in the middle of each. Top each with half the tomato sauce, some fresh oregano, half the mozzarella, and 1 tablespoon Parmesan. Top each with a round of dough and crimp the edges to make a seal (like a pie). Pierce the top crust to allow steam to vent, brush with olive oil, and sprinkle with remaining parmesan.
- ☐ Position your oven racks to the upper most and lowest positions.
- ☐ Place 2 large baking sheets on the racks and preheat the oven to 375 degrees F. Carefully remove the sheets and dust them with cornmeal.
- ☐ Transfer the rounds to the baking sheets and brush each with some olive oil.
- ☐ Bake until the crusts are light brown on the bottom, about 20 minutes. When slightly cool, slice like a pie into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:9.2673911659614%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 390.61kcal (19.53%), Fat: 22.87g (35.18%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 31.15g (11.33%), Sugar: 8.69g (9.65%), Cholesterol: 23.67mg (7.89%), Sodium: 923.03mg (40.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.51%), Fiber: 4.74g (18.97%), Vitamin E: 2.77mg (18.48%), Calcium: 182.6mg (18.26%), Manganese: 0.32mg (16.14%), Phosphorus: 147.66mg (14.77%), Vitamin K: 14.7µg (14%), Iron: 2.33mg (12.97%), Vitamin B12: 0.67µg (11.15%), Potassium: 358.3mg (10.24%), Vitamin B2: 0.15mg (8.57%), Selenium: 5.73µg (8.19%), Zinc: 1.12mg (7.48%), Folate: 29.8µg (7.45%), Vitamin A: 346.63IU (6.93%), Magnesium: 26.88mg (6.72%), Vitamin B6: 0.13mg (6.67%), Copper: 0.13mg (6.33%), Vitamin C: 4.53mg (5.49%), Vitamin B3: 1.02mg (5.08%), Vitamin B5: 0.44mg (4.45%), Vitamin B1: 0.06mg (3.99%)