



Tomato and Mushroom Focaccia



Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



104 kcal

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 6 oz crimini mushrooms fresh sliced
- ☐ 1 flour
- ☐ 4 oz mozzarella cheese shredded
- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 2 tablespoons basil fresh chopped

Equipment

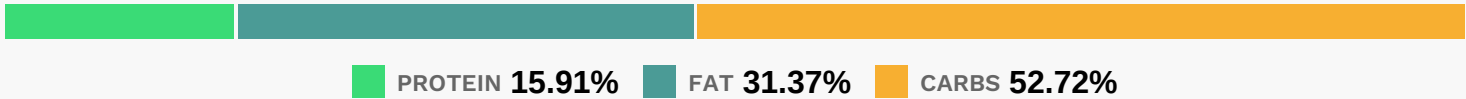
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 350°F. In 8-inch skillet, heat oil over medium heat.
- ☐ Add mushrooms; cook 3 to 4 minutes, stirring frequently, until tender.
- ☐ Drain if necessary.
- ☐ On ungreased cookie sheet, place bread.
- ☐ Sprinkle 3/4 cup of the cheese on bread. Top with mushrooms and tomatoes.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Bake 15 to 20 minutes or until cheese is melted and bread is hot.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:5.2, Inflammation Score:-1, Nutrition Score:3.0443478045256%

Nutrients (% of daily need)

Calories: 104.24kcal (5.21%), Fat: 3.75g (5.77%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 13.23g (4.81%), Sugar: 1.79g (1.99%), Cholesterol: 5.6mg (1.87%), Sodium: 212.19mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Selenium: 4.12µg (5.89%), Copper: 0.1mg (5.1%), Vitamin B2: 0.09mg (5.04%), Calcium: 46.89mg (4.69%), Phosphorus: 46.21mg (4.62%), Fiber: 0.96g (3.83%), Potassium: 129.04mg (3.69%), Vitamin B3: 0.73mg (3.64%), Manganese: 0.07mg (3.36%), Vitamin E: 0.46mg (3.09%), Vitamin K: 3.09µg (2.94%), Vitamin C: 2.41mg (2.92%), Vitamin B12: 0.17µg (2.87%), Vitamin B6: 0.05mg (2.66%), Zinc: 0.4mg (2.64%), Vitamin B5: 0.24mg (2.41%), Iron: 0.42mg (2.34%), Vitamin A: 116.34IU (2.33%), Vitamin B1: 0.03mg (2.11%), Magnesium: 7.67mg (1.92%), Folate: 6.66µg (1.67%)