



Tomato and Parmesan Focaccia with Caramelized Onions

READY IN



45 min.

SERVINGS



16

CALORIES



141 kcal

BREAD

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon basil dried
- 2.3 teaspoons yeast dry
- 12.3 ounces flour all-purpose divided
- 0.3 cup basil fresh thinly sliced
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 1.5 ounces parmesan cheese fresh grated

- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 teaspoon sugar
- 1.5 inch tomatoes
- 1 cup warm water (100° to 110°)
- 0.3 cup cornmeal yellow
- 4 cups onion yellow thinly sliced

Equipment

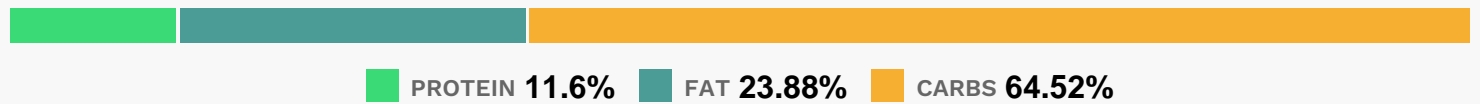
- bowl
- frying pan
- paper towels
- oven
- knife
- measuring cup

Directions

- To prepare dough, combine first 4 ingredients in a large bowl, stirring to dissolve yeast; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 1/2 cups flour, cornmeal, and 1 teaspoon salt to yeast mixture; stir well to combine. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour and 30 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- To prepare topping, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add onion, dried basil, 1/2 teaspoon salt, and pepper; cook 20 minutes or until onion is golden, stirring occasionally. Cool.
- Arrange tomato slices between several layers of paper towels.
- Let stand 10 minutes, pressing down occasionally.

- Uncover dough. Punch dough down; cover and let rest 5 minutes. Pat dough into an even layer in a 15 x 10-inch jelly-roll pan coated with cooking spray. Cover and let rise 30 minutes.
- Preheat oven to 425
- Uncover dough. Arrange onion mixture over dough, leaving a 1/2-inch border. Top with tomato slices; sprinkle with cheese.
- Bake at 425 for 23 minutes or until browned.
- Sprinkle with fresh basil. Cool at least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:14.18, Inflammation Score:-4, Nutrition Score:5.5439129614312%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 141.45kcal (7.07%), Fat: 3.75g (5.77%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 21.15g (7.69%), Sugar: 2.07g (2.3%), Cholesterol: 1.81mg (0.6%), Sodium: 263.83mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin B1: 0.25mg (16.46%), Folate: 59.35µg (14.84%), Selenium: 8.4µg (11.99%), Manganese: 0.23mg (11.69%), Vitamin B2: 0.15mg (8.74%), Vitamin B3: 1.59mg (7.95%), Iron: 1.29mg (7.18%), Fiber: 1.66g (6.65%), Phosphorus: 62.51mg (6.25%), Calcium: 47.06mg (4.71%), Vitamin K: 4.56µg (4.34%), Vitamin B6: 0.08mg (4.15%), Vitamin C: 3.06mg (3.71%), Magnesium: 13.79mg (3.45%), Copper: 0.06mg (3.09%), Potassium: 100.21mg (2.86%), Vitamin E: 0.43mg (2.84%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.23mg (2.33%)