



Warm Prosciutto-Stuffed Focaccia

READY IN



25 min.

SERVINGS



6

CALORIES



271 kcal

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 2 tablespoons balsamic vinaigrette light
- ☐ 9 ounce bread
- ☐ 4 ounces muenster cheese thinly sliced
- ☐ 3 ounces pancetta thinly sliced
- ☐ 0.3 cup roasted peppers red drained

Equipment

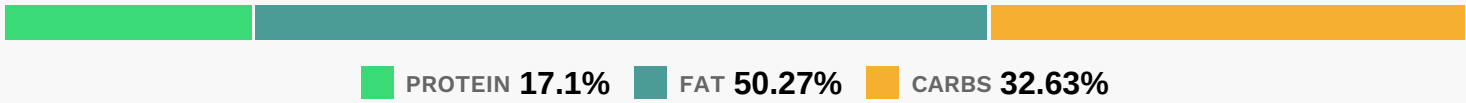
- ☐ baking sheet
- ☐ oven

- ☐ aluminum foil
- ☐ serrated knife

Directions

- ☐ Cut bread in half horizontally, using a serrated knife. Top bottom bread half with prosciutto and next 3 ingredients.
- ☐ Drizzle with balsamic vinaigrette; cover with top bread half. Wrap in aluminum foil; place on a baking sheet.
- ☐ Bake at 350 for 15 minutes or until warm.
- ☐ Cut focaccia into six wedges.
- ☐ Serve immediately.
- ☐ *6 ounces of ham may be substituted for prosciutto for approximately the same amount of calories.

Nutrition Facts



Properties

Glycemic Index:19.61, Glycemic Load:11.04, Inflammation Score:-9, Nutrition Score:18.584782719612%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 271.08kcal (13.55%), Fat: 15.18g (23.36%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 19.79g (7.2%), Sugar: 2.93g (3.26%), Cholesterol: 27.5mg (9.17%), Sodium: 560.92mg (24.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.24%), Vitamin K: 139.48µg (132.84%), Vitamin A: 2886.03IU (57.72%), Manganese: 0.77mg (38.68%), Selenium: 18.14µg (25.91%), Folate: 94.35µg (23.59%), Calcium: 220.33mg (22.03%), Phosphorus: 178.78mg (17.88%), Vitamin B3: 3.2mg (16.02%), Vitamin B1: 0.24mg (16%), Iron: 2.48mg (13.79%), Vitamin B2: 0.23mg (13.79%), Vitamin C: 10.76mg (13.05%), Magnesium: 47.28mg (11.82%), Fiber: 2.39g (9.58%), Zinc: 1.3mg (8.68%), Vitamin B6: 0.16mg (8.06%), Potassium: 280.06mg (8%), Copper: 0.12mg (5.96%), Vitamin B12: 0.35µg (5.81%), Vitamin E: 0.77mg (5.11%), Vitamin B5: 0.48mg (4.84%), Vitamin D: 0.17µg (1.13%)