



## Artichoke focaccia

READY IN



55 min.

SERVINGS



10

CALORIES



218 kcal

### Ingredients

- 500 g flour
- 7 g yeast
- 1 tsp salt
- 1 large bunch rosemary
- 285 g artichokes in oil (we used Sacla)
- 50 g parmesan freshly grated for grating (or vegetarian alternative)

### Equipment

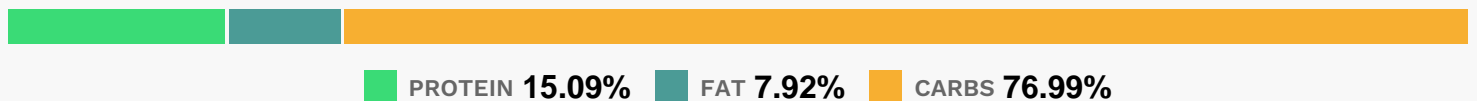
- bowl
- baking sheet

oven

## Directions

- Tip the flour into a large bowl and make a well in the centre.
- Add the yeast and salt, then gradually pour in 350ml tepid water, stirring as you go. Bring the dough together with a spoon, then with your hands. It should be soft, but not too sticky or wet. If it won't come together, pour in a little extra water; if the dough is too wet, add extra flour. Tip onto a floured work surface and knead for about 10 mins, or until it's smooth, soft and springs back when pushed with a finger. Leave to rise in an oiled bowl covered with cling film in a warm place for 1 hr or packed with summer flavours until the dough has doubled in size.
- Strip leaves from half the rosemary and finely chop. Break the rest into smaller pieces.
- Drain the artichokes, reserving the oil, and chop into chunks.
- When risen, tip the dough onto an oiled work surface and roll out into a 35 x 45cm rectangle. Slip an oiled baking sheet under half of the dough. Top the half with artichokes, all the Parmesan and rosemary. Grind over black pepper and drizzle with a little of the reserved oil. Fold over the other dough half, pressing the edges together and under to seal. Leave to rise in a warm place, covered with the oiled cling film, for 30 mins.
- Heat oven to 240C/fan 220C/gas
- Drizzle with a little more of the oil and make dents in the top with your fingers. Pop the rosemary sprigs into the dents and grate over a little more cheese.
- Bake for 15 mins, until golden and risen. Cool on a rack for 30 mins, cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:20.4, Glycemic Load:28.14, Inflammation Score:-5, Nutrition Score:10.438260878558%

## Flavonoids

Naringenin: 3.56mg, Naringenin: 3.56mg, Naringenin: 3.56mg, Naringenin: 3.56mg Apigenin: 2.13mg, Apigenin: 2.13mg, Apigenin: 2.13mg, Apigenin: 2.13mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg

## Nutrients (% of daily need)

Calories: 217.93kcal (10.9%), Fat: 1.91g (2.94%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 38.57g (14.02%), Sugar: 0.46g (0.51%), Cholesterol: 3.4mg (1.13%), Sodium: 340.89mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.35%), Vitamin B1: 0.49mg (32.87%), Folate: 128.22µg (32.06%), Selenium: 18.2µg (26%), Manganese: 0.42mg (21.07%), Vitamin B2: 0.31mg (18.31%), Vitamin B3: 3.55mg (17.74%), Iron: 2.8mg (15.56%), Fiber: 3.16g (12.65%), Phosphorus: 118.95mg (11.89%), Calcium: 82.15mg (8.22%), Magnesium: 31.12mg (7.78%), Copper: 0.14mg (7.19%), Potassium: 172.19mg (4.92%), Zinc: 0.69mg (4.6%), Vitamin B5: 0.43mg (4.32%), Vitamin K: 4.46µg (4.24%), Vitamin C: 3.46mg (4.19%), Vitamin B6: 0.07mg (3.68%), Vitamin B12: 0.06µg (1.01%)