



## Asiago and Balsamic Caramelized Onion Focaccia



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



161 kcal

BREAD

### Ingredients

- ☐ 3 ounces asiago cheese fresh grated
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 tablespoons olive oil extravirgin divided
- ☐ 17 ounces flour all-purpose divided
- ☐ 2 tablespoons honey divided

- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons salt divided
- ☐ 1.3 cups warm water (100° to 110°)

## Equipment

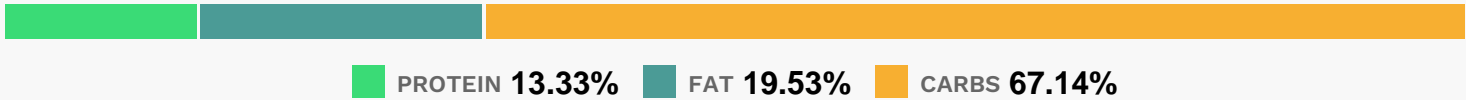
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

## Directions

- ☐ Heat 2 teaspoons oil in a nonstick skillet over medium-high heat.
- ☐ Add onion, 1 tablespoon honey, and thyme; cook 5 minutes or until browned, stirring occasionally.
- ☐ Remove from heat; stir in vinegar and 1/4 teaspoon salt. Cool completely.
- ☐ Dissolve yeast and remaining 1 tablespoon honey in 1 1/4 cups warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add onion mixture, remaining 2 tablespoons oil, remaining 1 1/4 teaspoons salt, and 3 1/2 cups flour to yeast mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 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 or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Gently press dough into a 15 x 10-inch jelly-roll pan coated with cooking spray. Cover and let rise 25 minutes or until almost doubled in size.
- ☐ Preheat oven to 40
- ☐ Sprinkle dough with cheese.

- ☐
- Bake at 400 for 18 minutes or until browned. Cool in pan on a wire rack 10 minutes.
- ☐
- Remove from pan; cool completely on rack.

# Nutrition Facts



## Properties

Glycemic Index:14.45, Glycemic Load:18.18, Inflammation Score:-4, Nutrition Score:5.7956521873889%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 161.15kcal (8.06%), Fat: 3.46g (5.33%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 25.67g (9.34%), Sugar: 3g (3.34%), Cholesterol: 3.61mg (1.2%), Sodium: 305.93mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin B1: 0.29mg (19.42%), Folate: 67.73µg (16.93%), Selenium: 11.51µg (16.45%), Manganese: 0.23mg (11.36%), Vitamin B2: 0.19mg (11.04%), Vitamin B3: 1.98mg (9.92%), Iron: 1.53mg (8.49%), Phosphorus: 75.62mg (7.56%), Calcium: 71.59mg (7.16%), Fiber: 1.11g (4.45%), Zinc: 0.42mg (2.8%), Copper: 0.06mg (2.78%), Magnesium: 10.72mg (2.68%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.28mg (1.9%), Vitamin B6: 0.04mg (1.87%), Potassium: 59.69mg (1.71%), Vitamin K: 1.54µg (1.47%), Vitamin B12: 0.06µg (1.07%)