



## Baked " Bread Machine" Focaccia With the Works

READY IN



140 min.

SERVINGS



6

CALORIES



689 kcal

BREAD

### Ingredients

- 6 servings olives black sliced
- 0.5 teaspoon pepper black
- 1 tablespoon bread machine yeast
- 6 servings cheddar cheese grated
- 6 servings oz. bacon into pieces crumbled cooked
- 4 cups flour all-purpose
- 2 teaspoons garlic powder
- 2 teaspoons garlic powder

- 6 servings spring onion diced
- 6 servings bell pepper green sliced
- 6 servings jalapeno diced
- 6 servings mushrooms sliced
- 5 tablespoons cooking oil (I like safflower)
- 2 tablespoons olive oil
- 1 tablespoon onion powder
- 2 teaspoons oregano
- 4 tablespoons parmesan
- 1 teaspoon salt
- 2 teaspoons sugar
- 6 servings tomatoes diced
- 1.5 cups water lukewarm
- 3 tablespoons water lukewarm

## Equipment

- baking sheet
- oven
- pizza pan
- microwave
- kitchen timer
- bread machine

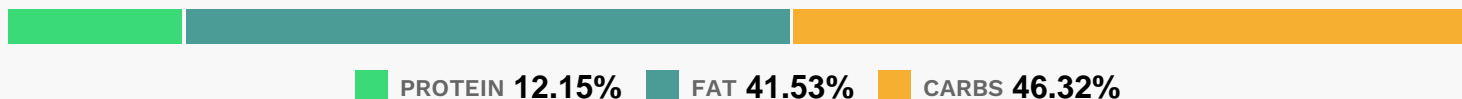
## Directions

- Put the 1 1/2 cup water in the bread machine.
- Add the other ingredients in this order: sugar, salt, oil, flour, yeast, garlic powder, onion powder, oregano and black pepper.
- Place bread machine on dough setting and start. Note the amount of time your bread machine will take and set another timer for this amount (or do it manually, I use the timer on my

microwave for for this).As soon as the dough forms a ball (several minutes) add the 3 tbsp lukewarm water.This amount of flour is more than most bread machines can handle, so check every 10 minutes when it is not actively mixing.If it's getting too high, just stop the dough cycle and restart it (this is why the other timer is needed).At the end of the time (on my machine it is 130 minutes) turn off the bread machine and remove the dough.Grease a large pizza pan (or a large rectangular cookie sheet with sides, or 2 small pizza pans) and turn the dough out on it (I usually put a bit of oil or cooking spray on my hands so It doesn't stick to me).

- Brush the dough with olive oil and sprinkle with oregano and garlic powder.
- Add as many optional toppings as you wish (invent some if you wish).
- Sprinkle with parmesan.
- Bake until golden about 15–20 minutes at 350F.

## Nutrition Facts



## Properties

Glycemic Index:65.02, Glycemic Load:49.4, Inflammation Score:-10, Nutrition Score:33.769999685495%

## Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

## Nutrients (% of daily need)

Calories: 688.85kcal (34.44%), Fat: 32.22g (49.57%), Saturated Fat: 8.62g (53.89%), Carbohydrates: 80.88g (26.96%), Net Carbohydrates: 73.22g (26.63%), Sugar: 8.37g (9.3%), Cholesterol: 33.7mg (11.23%), Sodium: 999.66mg (43.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.42%), Vitamin C: 76.93mg (93.25%), Vitamin B1: 1.06mg (70.7%), Folate: 258.23µg (64.56%), Selenium: 38.7µg (55.28%), Manganese: 0.96mg (48.01%), Vitamin K: 48.42µg (46.12%), Vitamin A: 2223.81IU (44.48%), Vitamin B2: 0.72mg (42.6%), Vitamin B3: 7.49mg (37.45%), Vitamin E: 5.21mg (34.75%), Phosphorus: 339.15mg (33.91%), Calcium: 323.55mg (32.36%), Fiber: 7.66g (30.65%), Iron: 5.33mg (29.62%), Vitamin B6: 0.44mg (22.25%), Potassium: 750.05mg (21.43%), Copper: 0.36mg (17.78%), Zinc: 2.53mg (16.87%), Magnesium: 64.47mg (16.12%), Vitamin B5: 1.12mg (11.2%), Vitamin B12: 0.36µg (6%), Vitamin D: 0.2µg (1.32%)