



Basil, Olive and Feta Foccacia

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

SIDE DISH

Ingredients

- 475 ml unbleached flour
- 475 ml flour whole wheat
- 130 ml water (warmer than room temp but not warm enough to be uncomfortable to the touch)
- 0.5 package yeast dry (1 teaspoon/5ml)
- 235 ml water (same as the first)
- 1 pinch salt good
- 15 ml olive oil
- 8 servings olives sliced

- 8 servings feta cheese crumbled
- 8 servings basil fresh cut into thin ribbons
- 8 servings basil fresh cut into thin ribbons
- 8 servings salt

Equipment

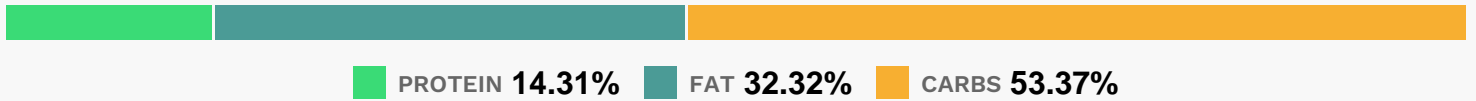
- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- pizza pan
- baking pan

Directions

- First off, mix the flours together and whisk so they are combined well.
- This recipe requires you to make a sponge. For this you take 1/2 cup of flour and place in a large bowl with the half cup warm water and the yeast. Cover the bowl with plastic and let stand anywhere from 2-8 hours. This is to allow it to ferment, I personally couldn't wait the whole time, I think I made it a minute past the 2 hour mark.
- Stir in the 1 cup of water a little at a time.
- Add in the salt and just enough of the flour to make the dough pull away from the sides of the bowl.
- Turn the dough out onto a floured surface and knead enough flour to make a soft dough. It should be smooth and elastic.
- Place dough in a lightly oiled bowl, turning to coat the dough ball lightly, and cover.
- Place in a warm place where a draft cannot get to it and allow to rise about 1 hour.
- Prep a large baking pan (pizza pan works well) by either taking an oiled napkin and running it around the pan or line with parchment paper.

- Punch the dough down and allow to rest 10 minutes.
- Oil your hands and place dough in the pan.
- Brush the top of the dough with oil then, using your fingers, make deep dimples in the dough, about 1/2 inch. Cover with plastic again and let rest in a warm place for 30 minutes.
- Preheat the oven to 400F(200C).
- Take the olives, feta and basil and spread on top of the foccacia.
- Sprinkle salt on top and place in oven.
- Bake 18 – 20 minutes or until golden. Check about half way through and deflate any large bubbles with the poke of a knife.
- When done cooking, place on a rack to cool for about 15 – 20 minutes.
- This bread is very versatile. You can make it into small mini loaves (as in the original recipe) or in a big one like I did. You can also top it with a number of different ingredients, just let your craving drive you :D!

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:15.08, Inflammation Score:-5, Nutrition Score:16.278260869565%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Taste

Sweetness: 56.07%, Saltiness: 79.33%, Sourness: 37.13%, Bitterness: 63.05%, Savoriness: 35.59%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 341.62kcal (17.08%), Fat: 12.55g (19.31%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 41.83g (15.21%), Sugar: 0.34g (0.38%), Cholesterol: 26.7mg (8.9%), Sodium: 856.56mg (37.24%), Protein: 12.51g (25.01%), Manganese: 1.53mg (76.47%), Selenium: 35.79µg (51.13%), Phosphorus: 244.87mg (24.49%), Vitamin B2: 0.34mg (20.21%), Fiber: 4.82g (19.27%), Vitamin B1: 0.28mg (18.41%), Vitamin K: 19.12µg (18.21%), Calcium: 181.97mg (18.2%), Magnesium: 60.26mg (15.06%), Vitamin B6: 0.28mg (14.02%), Zinc: 1.99mg (13.29%), Copper: 0.24mg (11.95%), Vitamin B3: 2.36mg (11.82%), Folate: 46.76µg (11.69%), Iron: 1.81mg (10.04%), Vitamin E: 1.43mg (9.56%), Vitamin B12: 0.51µg (8.46%), Vitamin A: 419.54IU (8.39%), Vitamin B5: 0.68mg (6.81%),

Potassium: 183.73mg (5.25%)