



Cornbread Focaccia

READY IN



20 min.

SERVINGS



8

CALORIES



237 kcal

BREAD

Ingredients

- 1 tablespoon balsamic vinegar
- 14.5 oz canned tomatoes diced drained canned
- 2 cups flour all-purpose
- 1 tablespoon rosemary leaves fresh chopped
- 0.5 teaspoon kosher salt
- 3 tablespoons olive oil divided
- 0.3 cup parmesan shredded
- 0.3 teaspoon pepper freshly ground
- 1 teaspoon salt

- 1 tablespoon sugar
- 1 cup water (100° to 110°)
- 0.3 oz yeast
- 0.5 cup cornmeal plain yellow

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- wooden spoon

Directions

- Combine rapid-rise yeast, warm water, and sugar in a small bowl, and let stand 5 minutes or until mixture bubbles.
- Stir together 2 cups flour and next 3 ingredients in a large bowl; stir in yeast mixture and 2 Tbsp. oil until well blended (dough will be sticky). Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 3 to 5 minutes).
- Place in a well-greased bowl, turning to grease top. Cover with plastic wrap, and let stand 15 minutes.
- Sprinkle cornmeal onto a baking sheet.
- Place dough on baking sheet, and roll into a 12-inch square, sprinkling with flour as needed to prevent sticking (about 1 Tbsp.). Cover with plastic wrap, and let rise in a warm place (85), free from drafts, 45 minutes.
- Preheat oven to 40
- Brush dough with balsamic vinegar. Gently press end of a wooden spoon into top of dough, forming indentations. Top with tomatoes and cheese.
- Sprinkle with salt and pepper.
- Drizzle with remaining 1 Tbsp. oil.
- Bake at 400 for 20 minutes or until golden and cheese is melted. Cool 5 minutes, and cut into squares.

Nutrition Facts

PROTEIN 11.01% FAT 27.96% CARBS 61.03%

Properties

Glycemic Index:40.32, Glycemic Load:22.84, Inflammation Score:-5, Nutrition Score:7.8634781714367%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 237.37kcal (11.87%), Fat: 7.31g (11.24%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 33.42g (12.15%), Sugar: 3.26g (3.62%), Cholesterol: 2.83mg (0.94%), Sodium: 585.52mg (25.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.95%), Vitamin B1: 0.37mg (24.96%), Folate: 81.87µg (20.47%), Selenium: 12.21µg (17.44%), Manganese: 0.29mg (14.73%), Vitamin B2: 0.21mg (12.57%), Vitamin B3: 2.46mg (12.3%), Iron: 2.15mg (11.94%), Fiber: 2.46g (9.85%), Phosphorus: 91.31mg (9.13%), Calcium: 73.13mg (7.31%), Vitamin E: 0.82mg (5.48%), Magnesium: 20.7mg (5.18%), Vitamin A: 245.73IU (4.91%), Zinc: 0.72mg (4.8%), Vitamin B6: 0.09mg (4.52%), Copper: 0.08mg (4.08%), Vitamin B5: 0.34mg (3.37%), Vitamin K: 3.45µg (3.29%), Potassium: 82.64mg (2.36%), Vitamin C: 0.98mg (1.19%)