



Cracked Pepper Focaccia with Truffle Oil

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

Ingredients

- 4.8 cups bread flour ()
- 2 teaspoons sea salt
- 2 teaspoons rosemary leaves fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 2 tablespoons truffle oil white black
- 1 tablespoon pepper black
- 2 teaspoons salt
- 2 cups water lukewarm (85°F to 95°F)
- 1 tablespoon yeast dry (for do-ahead version) (for same-day version)

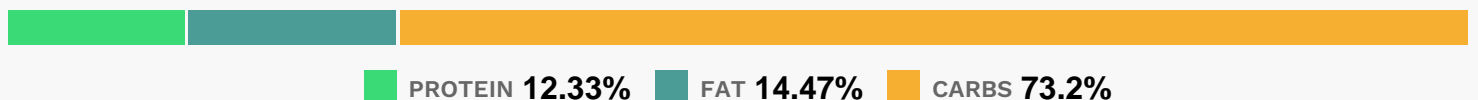
Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- Stir 2 cups lukewarm water and yeast in large bowl to blend.
- Mix in 3 tablespoons olive oil, truffle oil, cracked pepper, and 2 teaspoons salt.
- Add 1 cup flour. Using wood spoon, stir vigorously until well incorporated.
- Let dough rise in warm draft-free area until doubled in volume, about 45 minutes (do not punch down dough).
- Lightly oil 15x10x1-inch baking sheet. Slide out dough onto prepared baking sheet (dough will be soft and will easily slide out onto sheet; do not punch down dough or knead dough). Gently pull and stretch dough so that dough almost covers baking sheet. Press fingertips all over top of dough to form indentations.
- Brush top of focaccia with remaining 1 tablespoon olive oil.
- Sprinkle with thyme, rosemary and coarse salt. Cover loosely with plastic wrap.
- Let rise in warm draft-free area until puffed, about 30 minutes for refrigerated dough and about 15 minutes for room-temperature dough.
- Meanwhile, position rack in center of oven and preheat to 450°F.
- Bake focaccia until deep golden brown, about 30 minutes.
- Transfer to rack and cool.
- *Available at Italian markets, specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:35.01, Inflammation Score:-7, Nutrition Score:7.2086955235218%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 4.81g (7.4%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 52.5g (19.09%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 1167.74mg (50.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.44%), Selenium: 29.54µg (42.21%), Manganese: 0.7mg (35.17%), Folate: 36.74µg (9.19%), Fiber: 2.23g (8.93%), Copper: 0.16mg (8.13%), Phosphorus: 77.31mg (7.73%), Vitamin B1: 0.12mg (7.71%), Magnesium: 22.15mg (5.54%), Vitamin E: 0.81mg (5.39%), Iron: 0.94mg (5.2%), Vitamin B3: 0.97mg (4.84%), Zinc: 0.7mg (4.7%), Vitamin B2: 0.07mg (4.12%), Vitamin B5: 0.41mg (4.07%), Vitamin K: 3.56µg (3.39%), Potassium: 94.73mg (2.71%), Calcium: 20.76mg (2.08%), Vitamin B6: 0.04mg (2.01%), Vitamin C: 1.41mg (1.71%)