



Double-decker Focaccia

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

Ingredients

- ☐ 2 loaves bread dough white frozen thawed 1 lb. each
- ☐ 0.5 pound feta cheese
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon or dried fresh minced
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Equipment

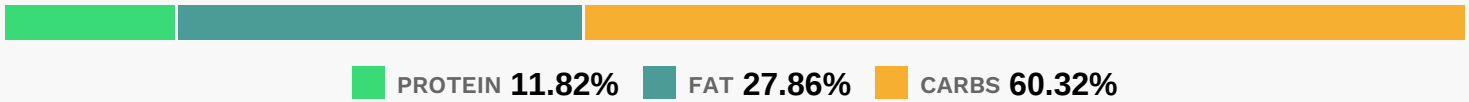
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Place 1 loaf of thawed dough in a well-oiled 9- by 13-inch baking pan. Press and stretch dough to fill pan evenly. (If dough is too elastic, let rest a few minutes and stretch again; repeat as necessary.)
- ☐ Crumble feta in chunks evenly over dough.
- ☐ Sprinkle with half the rosemary and oregano, and pepper to taste.
- ☐ On a lightly floured board, roll or stretch and pat second loaf into a rectangle roughly the shape of the pan.
- ☐ Lay over feta and herb-covered dough. Stretch top layer to completely cover bottom layer. Cover pan lightly with plastic wrap; let dough rise in a warm place until about doubled, 45 to 60 minutes.
- ☐ Brush dough with oil. With your fingers, gently press dough down all over, forming dimples in the surface.
- ☐ Sprinkle with remaining rosemary and oregano.
- ☐ Bake in a 400 oven until dough is well browned on edges and bottom (lift with a spatula to check), about 45 minutes. (If top starts to brown too much, lay a sheet of foil lightly on top during baking.) Loosen edges from pan sides and bottom. Turn focaccia out onto a rack, then invert again so bread is upright. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:4.6156521834757%

Nutrients (% of daily need)

Calories: 379.67kcal (18.98%), Fat: 11.21g (17.24%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 52.03g (18.92%), Sugar: 0.03g (0.03%), Cholesterol: 25.23mg (8.41%), Sodium: 852.6mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Calcium: 152.96mg (15.3%), Vitamin B2: 0.24mg

(14.33%), Fiber: 2.57g (10.26%), Phosphorus: 96.64mg (9.66%), Vitamin B12: 0.48µg (7.99%), Vitamin B6: 0.13mg (6.55%), Selenium: 4.29µg (6.13%), Zinc: 0.84mg (5.61%), Vitamin K: 5.45µg (5.19%), Vitamin B1: 0.05mg (3.07%), Folate: 11.32µg (2.83%), Vitamin B5: 0.28mg (2.8%), Vitamin E: 0.42mg (2.78%), Iron: 0.5mg (2.76%), Vitamin A: 138.09IU (2.76%), Manganese: 0.04mg (2.19%), Magnesium: 7.62mg (1.91%), Vitamin B3: 0.31mg (1.56%)