

Easy Focaccia

READY IN



80 min.

SERVINGS



19

CALORIES



97 kcal

Ingredients

- 1.5 cups bread flour
- 3 tablespoons olive oil extra virgin divided
- 2 tablespoons rosemary fresh chopped
- 0.3 ounce yeast instant
- 2 tablespoons parmesan cheese grated
- 2 teaspoons salt
- 1.5 cups unbleached flour all-purpose
- 1.3 cups warm water (110 degrees F/45 degrees C)
- 1 tablespoon sugar white

Equipment

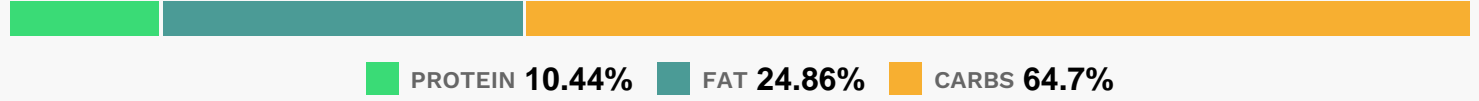
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- wooden spoon

Directions

- In a large stoneware bowl, stir together the flours and salt. Make a well in the center of the flour mixture.
- Sprinkle the sugar and yeast into that well. Carefully pour the water into the well.
- Let stand until the yeast begins to act, about 5 minutes.
- Pour 2 tablespoons of the oil into the well. With a wooden spoon stir the mixture in the center of the bowl. Gradually widen the circle of stirring to take in all of the flour at the sides of the well.
- Turn out on a floured surface, and knead just until smooth. Keep the dough soft.
- Pour 1/2 teaspoon of the oil into a clean bowl.
- Place the dough in the bowl, turning once to oil the top. Cover.
- Let rise until doubled, 30 to 45 minutes.
- Punch the dough down. Use 1 teaspoon of the oil to coat a baking sheet, and place the dough on the baking sheet. Gently press the dough out to about 1/2 inch thickness.
- Pour the remaining 1 1/2 teaspoons oil over the top of the dough. Use the handle end of a wooden spoon to dimple the dough at 1 1/2 inch intervals.
- Sprinkle with the rosemary and the cheese.
- Place in a cold oven on the center shelf.
- Place a flat pan of hot water on the shelf below the bread.
- Let rise until doubled, 20 to 25 minutes.
- Turn on the oven to 375 degrees F (190 degrees C).

- Bake the focaccia for 20 to 25 minutes, or until browned on top.
- Remove from the pan, and cool on a wire rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.16, Glycemic Load:10.53, Inflammation Score:-1, Nutrition Score:2.7665216913042%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 97.22kcal (4.86%), Fat: 2.66g (4.09%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 14.95g (5.44%), Sugar: 0.69g (0.76%), Cholesterol: 0.46mg (0.15%), Sodium: 255.52mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Selenium: 7.48µg (10.69%), Vitamin B1: 0.13mg (8.44%), Folate: 30.31µg (7.58%), Manganese: 0.15mg (7.49%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.83mg (4.17%), Iron: 0.59mg (3.26%), Phosphorus: 26.08mg (2.61%), Fiber: 0.63g (2.53%), Vitamin E: 0.37mg (2.44%), Copper: 0.04mg (1.88%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.14mg (1.4%), Magnesium: 5.39mg (1.35%), Vitamin K: 1.4µg (1.33%)