



## Easy Italian Herb Focaccia

READY IN



85 min.

SERVINGS



8

CALORIES



263 kcal

BREAD

### Ingredients

- 0.3 cup olive oil extra virgin divided
- 3.3 cups flour all-purpose
- 2 tablespoons parmesan shredded
- 1 teaspoon salt
- 1 tablespoon penzey's southwest seasoning italian spice islands®
- 1 tablespoon sugar
- 1.7 cups water (120 degrees F to 130 degrees F)
- 1 envelope yeast

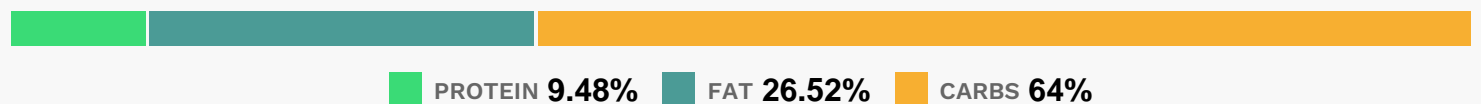
## Equipment

- bowl
- frying pan
- oven
- wooden spoon

## Directions

- Mix flour, undissolved yeast, sugar and salt in a large bowl.
- Add 2 tablespoons olive oil and water, stirring until well mixed.
- Spread dough into greased 13 x 9-inch pan. Cover.
- Let rise until doubled, about 30 minutes.
- Poke multiple holes into the dough using the handle of a wooden spoon.
- Drizzle 2 tablespoons of olive oil over dough; sprinkle with Parmesan cheese and Italian herb seasoning. Cover.
- Let rise an additional 15 minutes while oven preheats to 375 degrees F.
- Bake 30 to 35 minutes until lightly browned. Cool slightly and cut into slices; serve warm. If desired, serve with additional olive oil for dipping.

## Nutrition Facts



## Properties

Glycemic Index:22.14, Glycemic Load:29.12, Inflammation Score:-4, Nutrition Score:10.045217437427%

## Flavonoids

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: 262.93kcal (13.15%), Fat: 7.72g (11.88%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 41.92g (13.97%), Net Carbohydrates: 39.53g (14.37%), Sugar: 1.72g (1.91%), Cholesterol: 0.85mg (0.28%), Sodium: 315.25mg (13.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin B1: 0.5mg (33.24%), Folate: 117.87µg (29.47%), Selenium: 17.66µg (25.23%), Manganese: 0.44mg (22.12%), Vitamin B2: 0.3mg (17.65%), Iron: 3.11mg (17.26%), Vitamin B3: 3.44mg (17.2%), Vitamin K: 15.73µg (14.98%), Fiber: 2.39g (9.57%), Vitamin E: 1.34mg (8.95%), Phosphorus: 71.83mg (7.18%), Calcium: 53.94mg (5.39%), Copper: 0.1mg (4.86%), Magnesium: 17.69mg (4.42%), Vitamin B5: 0.36mg (3.63%), Zinc: 0.51mg (3.43%), Vitamin B6: 0.06mg (2.8%), Potassium: 87.29mg (2.49%)