



Fast Rosemary-Raisin Focaccia

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

Ingredients

- 1 pound bread dough white frozen thawed
- 1 tablespoon rosemary dried
- 1 egg white lightly beaten
- 1 tablespoon raisins

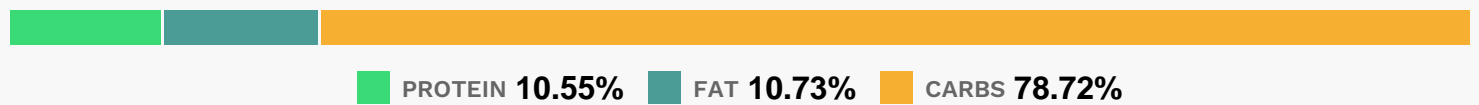
Equipment

- baking sheet
- oven
- wooden spoon

Directions

- Turn dough out onto a lightly floured surface; knead in rosemary and raisins. Pat dough into a 9-inch circle on a large baking sheet coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 15 minutes or until puffy.
- Uncover dough. Using the handle of a wooden spoon or your fingertips, make indentations in top of dough. Gently brush dough with egg white.
- Bake at 400 for 20 minutes or until browned.
- Cut into wedges, and serve warm.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:0.55000000657595%

Nutrients (% of daily need)

Calories: 152.77kcal (7.64%), Fat: 1.72g (2.64%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 26.98g (9.81%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 273.54mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Fiber: 1.34g (5.36%), Vitamin B2: 0.02mg (1.23%), Selenium: 0.77µg (1.1%)