



Focaccia with Garlic and Olives



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



131 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 0.3 teaspoon fleur del sel
- ☐ 2 cups flour all-purpose divided
- ☐ 4 garlic cloves thinly sliced
- ☐ 3 tablespoons kalamata olives finely chopped
- ☐ 2.5 tablespoons olive oil divided
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

- ☐ 0.7 cup warm water 100° to 110°

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Dissolve sugar and yeast in 2/3 cup warm water in a large bowl, and let stand 5 minutes.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 8 ounces flour (about 1 3/4 cups) and 1/4 teaspoon salt; stir with a whisk.
- ☐ Add flour mixture and 1 tablespoon oil to yeast mixture, stirring to combine; fold in olives. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining 1 ounce (about 1/4 cup) flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Press dough out into a 13 x 8 inch rectangle on a jelly-roll pan coated with cooking spray. Cover and let rise 30 minutes.
- ☐ Preheat oven to 475
- ☐ Brush remaining 1 1/2 tablespoons oil over dough.
- ☐ Sprinkle evenly with sliced garlic and 1/4 teaspoon fleur de sel.
- ☐ Bake at 475 for 12 minutes or until golden.
- ☐ Transfer to a wire rack, and cool completely before serving.
- ☐ Cut into 10 equal portions.

Nutrition Facts



 **PROTEIN 9.1%**  **FAT 28.79%**  **CARBS 62.11%**

Properties

Glycemic Index:17.51, Glycemic Load:14.19, Inflammation Score:-3, Nutrition Score:4.6282608500155%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 131.02kcal (6.55%), Fat: 4.17g (6.42%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 19.29g (7.01%), Sugar: 0.49g (0.55%), Cholesterol: 0mg (0%), Sodium: 155.64mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Vitamin B1: 0.28mg (18.41%), Folate: 62.24µg (15.56%), Selenium: 8.73µg (12.46%), Manganese: 0.19mg (9.65%), Vitamin B2: 0.15mg (9%), Vitamin B3: 1.77mg (8.86%), Iron: 1.23mg (6.82%), Vitamin E: 0.61mg (4.08%), Fiber: 0.97g (3.87%), Phosphorus: 33.39mg (3.34%), Copper: 0.05mg (2.41%), Vitamin K: 2.24µg (2.13%), Vitamin B5: 0.21mg (2.12%), Vitamin B6: 0.04mg (1.86%), Magnesium: 6.6mg (1.65%), Zinc: 0.25mg (1.65%), Potassium: 39.32mg (1.12%)