



Focaccia with Olives and Rosemary

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

Ingredients

- 4.5 cups flour ()
- 3 tablespoons olive oil
- 2 cups water (105°F; to 115°F;)
- 24 oil-cured olives green black pitted halved (such as Kalamata or Greek)
- 2 teaspoons salt
- 2 teaspoons yeast dry
- 1 tablespoon rosemary leaves dried fresh chopped

Equipment

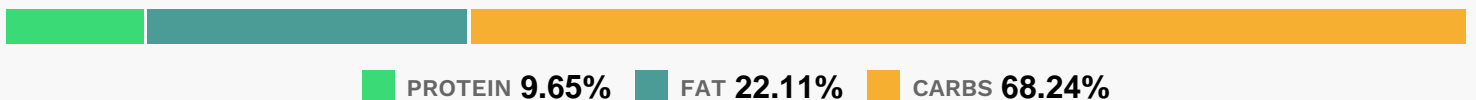
- bowl

- baking sheet
- oven
- plastic wrap

Directions

- Place 2 cups warm water in large bowl.
- Sprinkle dry yeast over; stir with fork.
- Let stand until yeast dissolves, about 10 minutes.
- Add 4 1/4 cups flour and salt to yeast mixture and stir to blend well (dough will be sticky). Knead dough on floured surface until smooth and elastic, adding more flour by tablespoonfuls if dough is sticky, about 10 minutes. Form dough into ball. Oil large bowl; add dough, turning to coat. Cover with plastic wrap and let rise in warm area until doubled, about 1 1/2 hours. Punch down dough; knead into ball and return to same bowl. Cover with plastic wrap and let rise in warm area until doubled, about 45 minutes or less
- Coat 15x10-inch baking sheet with 1 tablespoon oil. Punch down dough.
- Transfer to prepared sheet. Using fingertips, press out dough to 13x10-inch rectangle.
- Let dough rest 10 minutes.
- Drizzle 2 tablespoons oil over dough.
- Sprinkle olives and chopped rosemary evenly over.
- Let dough rise uncovered in warm area until puffy, about 25 minutes.
- Preheat oven to 475°F. Press fingertips all over dough, forming indentations.
- Bake bread until brown and crusty, about 20 minutes.
- Serve bread warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:38.82, Inflammation Score:-6, Nutrition Score:11.255652063%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 322.6kcal (16.13%), Fat: 7.85g (12.08%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 54.49g (18.16%), Net Carbohydrates: 51.95g (18.89%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 773.5mg (33.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Vitamin B1: 0.64mg (42.67%), Folate: 147.5µg (36.88%), Selenium: 24.01µg (34.3%), Manganese: 0.49mg (24.29%), Vitamin B3: 4.49mg (22.47%), Vitamin B2: 0.38mg (22.33%), Iron: 3.39mg (18.83%), Fiber: 2.54g (10.16%), Vitamin E: 1.26mg (8.37%), Phosphorus: 81.54mg (8.15%), Copper: 0.13mg (6.49%), Magnesium: 18.04mg (4.51%), Vitamin B5: 0.42mg (4.18%), Zinc: 0.57mg (3.79%), Vitamin K: 3.54µg (3.37%), Potassium: 89.54mg (2.56%), Vitamin B6: 0.05mg (2.36%), Calcium: 20mg (2%), Vitamin A: 54.47IU (1.09%)