



Focaccia with Tomato, Green Onion and Garlic

READY IN



45 min.

SERVINGS



8

CALORIES



412 kcal

BREAD

Ingredients

- 1 tablespoon coarse salt
- 4 cups flour (if you want thinner focaccia, use 3 cups of flour)
- 1 garlic clove sliced thin
- 1 spring onion minced
- 4 tablespoons olive oil
- 0.5 teaspoons oregano dried
- 2 tablespoons parmesan cheese grated
- 1 tablespoon sugar
- 1.5 small tomatoes diced

- 0.5 pint water
- 2 teaspoons yeast

Equipment

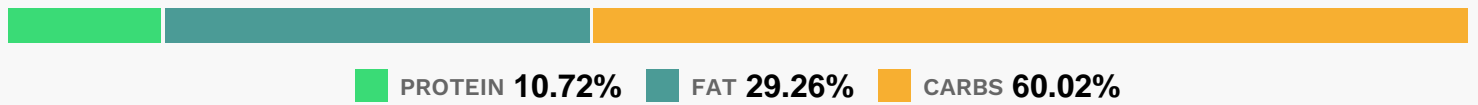
- bowl
- frying pan
- baking sheet
- oven
- blender
- plastic wrap
- spatula

Directions

- Note: You can use a standing mixer with a dough hook to mix the dough, but we made our bread the old-fashioned way, kneading it with our hands.
- Combine the yeast with warm water (this is referred to as proofing the yeast) in a small bowl along with the sugar. Gently stir the mixture to dissolve everything. Allow the yeast to stand for about 3 minutes until it gets a bit foamy.
- Add the flour to a large bowl and make a well in the center of it. In a small bowl, dissolve the salt in a few tablespoons of water, and add it to the flour along with the yeast mixture. Next add the olive oil to the mixture. With your hands and a spatula to scrape down the bowl, mix everything together to form the dough. Punch down and knead the dough, turning it as you go, for at least 10 minutes or until the dough is smooth, soft and pliable.
- Add a bit of flour to the dough as needed. Form the dough into a round ball.
- Add some olive oil to your hands and smooth it over the dough ball to coat it and leave it in the bowl. Cover the bowl with a thick towel and place the bowl in a warm spot to let the dough rise to double its size (about 45 minutes to an hour). Coat a baking sheet (with sides) with olive oil and sprinkle a few tablespoons of cornmeal over the entire pan. Set aside. Once the dough has risen, place it on a floured surface and punch it down 3–4 times. Allow it to stand for a few minutes while you get your toppings ready. Moving back to the dough, roll and stretch it out into an oblong shape that is about 1/2 an inch thick.

- Place the dough on the oiled baking sheet, cover it with plastic wrap and let it stand for about 15 minutes. Preheat your oven to 400 degrees F. After the dough has rested and you're ready to bake it, poke small wells all around the dough using your finger.
- Brush the surface of the dough with olive oil. Evenly sprinkle on the dried oregano, green onion, tomato and garlic.
- Sprinkle with coarse salt, then grated Parmesan cheese.
- Bake on the bottom rack for 20 minutes, checking it as it gets close to the end of the baking time.

Nutrition Facts



Properties

Glycemic Index: 27.01, Glycemic Load: 25.1, Inflammation Score: -3, Nutrition Score: 2.8569565217391%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Taste

Sweetness: 44.63%, Saltiness: 51.27%, Sourness: 32.56%, Bitterness: 29.25%, Savoriness: 9.69%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 412.29kcal (20.61%), Fat: 13.68g (21.05%), Saturated Fat: 1.18g (7.34%), Carbohydrates: 63.13g (21.04%), Net Carbohydrates: 60.55g (22.02%), Sugar: 4.06g (4.51%), Cholesterol: 1.09mg (0.36%), Sodium: 1582.07mg (68.79%), Protein: 11.27g (22.54%), Fiber: 2.58g (10.34%), Vitamin K: 9.47µg (9.02%), Vitamin E: 1.14mg (7.59%), Vitamin B1: 0.09mg (6.27%), Folate: 22.1µg (5.53%), Vitamin A: 170.06IU (3.4%), Vitamin C: 2.74mg (3.32%), Vitamin B2: 0.04mg (2.42%), Vitamin B3: 0.43mg (2.16%), Manganese: 0.04mg (2.01%), Phosphorus: 18.29mg (1.83%), Calcium: 18.26mg (1.83%), Vitamin B6: 0.03mg (1.66%), Potassium: 57.66mg (1.65%), Vitamin B5: 0.13mg (1.29%), Copper: 0.02mg (1.13%), Zinc: 0.16mg (1.09%), Iron: 0.19mg (1.06%)