



Fontina and Red Pepper-Stuffed Garlic Focaccia

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



138 kcal

Ingredients

- 3.3 cups bread flour divided
- 1 teaspoon cornmeal
- 2.3 teaspoons yeast dry
- 1.5 tablespoons olive oil extravirgin divided
- 2 ounces fontina shredded
- 0.3 cup basil fresh chopped
- 1 garlic head whole
- 0.8 cup bottled roasted bell peppers red chopped

- 1.3 teaspoons salt divided
- 1 cup warm water (100° to 110°)

Equipment

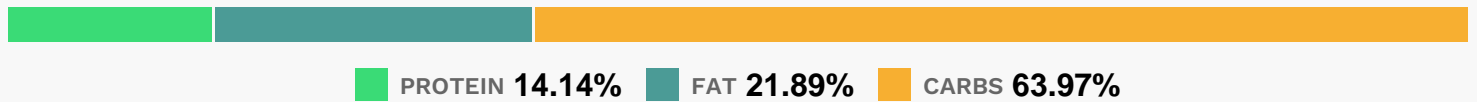
- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- aluminum foil
- measuring cup

Directions

- Dissolve yeast in water in a large bowl; let stand 5 minutes.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Add 1 cup flour to yeast mixture, stirring well to combine. Cover and let stand at room temperature 8 hours or overnight to create a sponge (mixture will become very bubbly).
- Preheat oven to 350
- Remove papery skin from garlic head (do not peel or separate cloves). Wrap in foil.
- Bake at 350 for 1 hour; cool 10 minutes.
- Separate cloves; squeeze to extract garlic pulp. Discard skins.
- Place garlic pulp, 1 tablespoon oil, and 1 teaspoon salt in a small bowl, and mash with a fork until smooth. Stir into sponge.
- Add 2 cups flour to the sponge; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- 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, 45 minutes or until doubled in size. (Gently press 2 fingers into dough. If indentation remains, dough has risen enough.)

- Punch dough down. Cover and let rest 5 minutes. Divide dough in half; roll each half into a 10-inch round.
- Place 1 dough round on a baking sheet sprinkled with cornmeal. Arrange basil over dough, leaving a 1/4-inch border; top with bell peppers.
- Sprinkle evenly with cheese. Top with other dough round; pinch edges to seal. Lightly coat with cooking spray. Cover and let rise 45 minutes or until dough is doubled in size.
- Preheat oven to 40
- Uncover dough. Make indentations in top of dough with a knife. Gently brush dough with 1 1/2 teaspoons oil, and sprinkle with 1/4 teaspoon salt.
- Bake at 400 for 30 minutes or until the focaccia is browned on bottom and sounds hollow when tapped.
- Remove from pan; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:13.74, Inflammation Score:-2, Nutrition Score:3.8278261021427%

Nutrients (% of daily need)

Calories: 137.71kcal (6.89%), Fat: 3.31g (5.1%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 20.85g (7.58%), Sugar: 0.16g (0.18%), Cholesterol: 4.7mg (1.57%), Sodium: 344.48mg (14.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.63%), Selenium: 12.21µg (17.44%), Manganese: 0.25mg (12.7%), Folate: 23.06µg (5.77%), Vitamin B1: 0.08mg (5.46%), Phosphorus: 47.73mg (4.77%), Vitamin C: 3.63mg (4.4%), Fiber: 0.95g (3.78%), Copper: 0.07mg (3.56%), Calcium: 31.66mg (3.17%), Zinc: 0.45mg (3.03%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.55mg (2.74%), Vitamin K: 2.88µg (2.74%), Magnesium: 9.57mg (2.39%), Vitamin E: 0.35mg (2.31%), Vitamin B5: 0.22mg (2.18%), Iron: 0.37mg (2.07%), Vitamin A: 99.18IU (1.98%), Vitamin B6: 0.04mg (1.96%), Potassium: 49.98mg (1.43%), Vitamin B12: 0.07µg (1.14%)