



# Fougasse

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon active yeast dry
- 2 tablespoons cornmeal
- 0.5 tablespoon basil dried
- 0.5 tablespoon rosemary dried
- 0.5 tablespoon thyme leaves dried
- 4 cups flour all-purpose
- 0.5 tablespoon savoury
- 4 tablespoons olive oil

- 2 tablespoons sea salt
- 1.5 cups warm water (110 degrees F/45 degrees C)

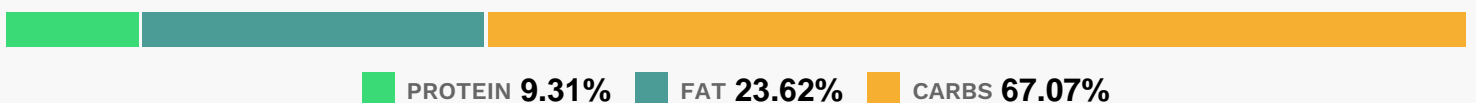
## Equipment

- bowl
- baking sheet
- oven
- knife

## Directions

- Pour water into a large bowl.
- Sprinkle yeast into water, and let it stand undisturbed until dissolved. Stir in 1 cup flour, 1 tablespoon herbs, sea salt, and 2 tablespoons oil until well blended.
- Mix in the flour, 1 cup at a time until a thick and somewhat sticky dough forms.
- Turn the dough out onto a lightly floured surface, and knead until smooth and elastic. Form into a ball, and place into an oiled bowl. Flip the dough to coat the surface. Cover the bowl with a clean dishtowel, and let it rise until doubled, about 1 hour.
- Punch dough down, and divide in half. Shape into an irregular ovals, about 1 1/2 inch thick.
- Sprinkle cornmeal over 2 baking sheets; transfer dough to pans.
- Brush each loaf with olive oil, and sprinkle the remaining herbs on top. Make several slashes in the bread, cutting through the dough with a knife. Cover the loaves with clean dishtowels.
- Let rise again until the dough begins to rise again, about 20 minutes.
- Place baking sheets into a preheated 450 degree F (220 degree C) oven. Quickly splash a small amount of water onto the floor of your oven to create steam, and close the oven door.
- Bake until golden, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.34, Glycemic Load:17.81, Inflammation Score:-4, Nutrition Score:5.3639130955157%

## Nutrients (% of daily need)

Calories: 151.13kcal (7.56%), Fat: 3.92g (6.03%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 23.9g (8.69%), Sugar: 0.1g (0.12%), Cholesterol: 0mg (0%), Sodium: 874.22mg (38.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin B1: 0.27mg (18.12%), Folate: 63.08µg (15.77%), Selenium: 10.7µg (15.29%), Manganese: 0.25mg (12.55%), Iron: 1.83mg (10.15%), Vitamin B3: 1.97mg (9.85%), Vitamin B2: 0.17mg (9.74%), Vitamin K: 6.49µg (6.18%), Fiber: 1.16g (4.65%), Phosphorus: 38.53mg (3.85%), Vitamin E: 0.55mg (3.67%), Copper: 0.06mg (2.88%), Magnesium: 10.1mg (2.52%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.17mg (1.72%), Vitamin B6: 0.03mg (1.43%), Calcium: 13.36mg (1.34%), Potassium: 45.09mg (1.29%)