



HEALTH SCORE

**55%**

## Fresh Focaccia

READY IN

**130 min.**

SERVINGS

**8**

CALORIES

**404 kcal**

BREAD

## Ingredients

- 2 packages active yeast dry
- 8 rounds beefsteak tomato thinly sliced
- 4 cups flour for dusting all-purpose plus more
- 1 teaspoon rosemary fresh chopped finely chopped for garnish finely
- 1.5 tablespoons kosher salt
- 1 cup olive oil plus more for brushing
- 2 tablespoons parmesan grated
- 1 tablespoon sugar
- 2 cups warm water (105 to 110 degrees F)

- 1 cup flour whole wheat

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- mixing bowl
- stand mixer
- kitchen towels
- pastry brush

## Directions

- Place the water in the bowl of a stand mixer.
- Add the sugar, sprinkle the yeast over the water and let it bloom until bubbly, 5 to 15 minutes.
- In a mixing bowl, combine the all-purpose and wheat flours together with the salt and chopped rosemary. Gradually add the flour mixture to the bloomed yeast in the mixing bowl. Then add 1/2 cup of the olive oil.
- Using the dough hook attachment, mix the dough on medium speed until it becomes smooth and soft, 8 to 10 minutes. The dough will be very loose.
- Transfer the dough to a clean, floured surface and knead the dough by hand for 2 to 3 minutes.
- Wipe out the bowl you mixed the dough in and then coat the bowl with some olive oil. Return the dough to the oiled bowl and let it rest in a warm place, covered with a dish towel, until doubled in size, 30 to 35 minutes.
- Oil a 9-by-13-inch baking sheet with the remaining 1/2 cup olive oil.
- Spread the dough into the pan using your fingertips to create dimples into the dough. The more dimples you make, the more texture the bread will have.
- Using a pastry brush, oil the dough and place leaves of rosemary into some of the dimples. Top with the tomato slices and sprinkle with the Parmesan. Cover the dough again with the towel and let rest in a warm spot until doubled in size, another 30 minutes.

Preheat the oven to 425 degree F and set a rack in the middle of the oven.

Bake the dough until golden brown, 35 to 40 minutes.

## Nutrition Facts

 **PROTEIN 12.16%**  **FAT 16.37%**  **CARBS 71.47%**

### Properties

Glycemic Index:26.26, Glycemic Load:39.04, Inflammation Score:-10, Nutrition Score:27.86608692129%

### Flavonoids

Naringenin: 2.32mg, Naringenin: 2.32mg, Naringenin: 2.32mg, Naringenin: 2.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

### Nutrients (% of daily need)

Calories: 403.81kcal (20.19%), Fat: 7.53g (11.58%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 73.97g (24.66%), Net Carbohydrates: 66.13g (24.05%), Sugar: 10.68g (11.87%), Cholesterol: 0.85mg (0.28%), Sodium: 1350.63mg (58.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.17%), Manganese: 1.43mg (71.66%), Vitamin B1: 0.88mg (58.98%), Vitamin A: 2843.68IU (56.87%), Vitamin C: 46.59mg (56.47%), Folate: 213.03µg (53.26%), Selenium: 30.89µg (44.13%), Vitamin B3: 7.16mg (35.8%), Fiber: 7.84g (31.38%), Vitamin K: 30.61µg (29.15%), Vitamin B2: 0.47mg (27.8%), Potassium: 945.43mg (27.01%), Iron: 4.45mg (24.72%), Phosphorus: 222.48mg (22.25%), Vitamin B6: 0.39mg (19.4%), Copper: 0.37mg (18.54%), Magnesium: 73.83mg (18.46%), Vitamin E: 2.76mg (18.4%), Zinc: 1.59mg (10.59%), Vitamin B5: 0.91mg (9.09%), Calcium: 66.49mg (6.65%)