

Garlic-Thyme Focaccia



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



124 kcal

BREAD

Ingredients

- ☐ 0.8 teaspoon sea salt
- ☐ 2.3 teaspoons yeast dry
- ☐ 2.3 cups flour all-purpose divided ()
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 teaspoon sugar

- ☐ 1 cup warm water (100° to 110°)

Equipment

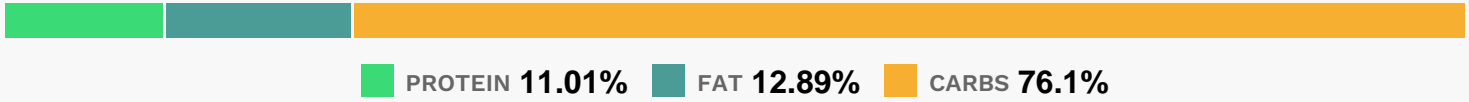
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ wooden spoon
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Dissolve sugar and yeast in 1 cup warm water in a large bowl; let stand 5 minutes. Stir in fine sea salt. Lightly spoon flour into dry measuring cups and spoons; level with a knife.
- ☐ Add 2 cups plus 2 tablespoons flour, stirring to form a soft dough. Turn dough out onto a floured surface. Knead dough until smooth and elastic (about 8 minutes); add enough of remaining 1/3 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ 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 two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Heat oil in a small skillet over medium-low heat.
- ☐ Add garlic; cook 5 minutes or until fragrant.
- ☐ Remove garlic from oil with a slotted spoon; discard garlic, and remove pan from heat.
- ☐ Place dough on a baking sheet coated with cooking spray; pat into a 12 x 8-inch rectangle.
- ☐ Brush garlic oil over dough; sprinkle with thyme. Cover and let rise 25 minutes or until doubled in size.
- ☐ Preheat oven to 42

- ☐
- Make indentations in top of dough using the handle of a wooden spoon or your fingertips; sprinkle dough evenly with coarse sea salt.
- ☐
- Bake at 425 for 14 minutes or until lightly browned.
- ☐
- Remove from pan; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:16.47, Inflammation Score:-7, Nutrition Score:5.1313043318527%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.96kcal (6.2%), Fat: 1.76g (2.7%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 22.23g (8.08%), Sugar: 0.48g (0.54%), Cholesterol: 0mg (0%), Sodium: 293.01mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin B1: 0.31mg (20.5%), Folate: 70.09µg (17.52%), Selenium: 10.03µg (14.33%), Manganese: 0.22mg (11.2%), Vitamin B2: 0.18mg (10.36%), Vitamin B3: 2.02mg (10.1%), Iron: 1.51mg (8.4%), Fiber: 1.09g (4.35%), Phosphorus: 37.62mg (3.76%), Copper: 0.05mg (2.74%), Vitamin B5: 0.23mg (2.29%), Magnesium: 8.31mg (2.08%), Zinc: 0.28mg (1.88%), Vitamin B6: 0.03mg (1.66%), Vitamin C: 1.31mg (1.59%), Vitamin E: 0.22mg (1.46%), Potassium: 44.64mg (1.28%)