



WHATSheATE



Gold Medal™ Classic Focaccia

READY IN



110 min.

SERVINGS



24

CALORIES



80 kcal

Ingredients

- ☐ 2.5 cups flour all-purpose for bread® bread flour
- ☐ 2 tablespoons rosemary dried fresh crushed chopped
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon salt
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 cup water
- ☐ 3 tablespoons vegetable oil
- ☐ 1 sheets pam original flavor shopping list
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup parmesan shredded grated finely

Equipment

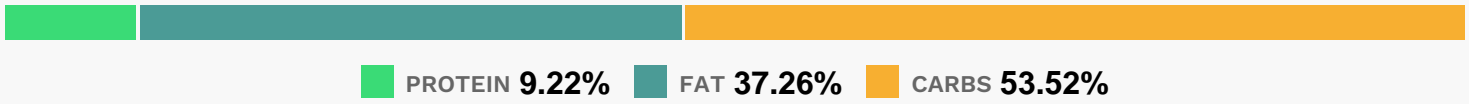
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ spatula
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ In a large bowl, stir 1 cup of the flour, the rosemary, sugar, salt and yeast with a wooden spoon until well mixed. In a 1-quart saucepan, heat the water over medium heat until very warm and an instant-read thermometer reads 120°F to 130°F.
- ☐ Add the water and 3 tablespoons oil to the flour mixture. Beat with an electric mixer on medium speed 3 minutes, stopping frequently to scrape batter from side and bottom of bowl with a rubber spatula. With a wooden spoon, stir in enough of the remaining flour, 1/4 cup at a time, until dough is soft, leaves side of bowl and is easy to handle (the dough maybe slightly sticky).
- ☐ Sprinkle flour lightly on a countertop or large cutting board.
- ☐ Place dough on floured surface. Knead by folding dough toward you, then with the heels of your hands, pushing dough away from you with a short rocking motion. Move dough a quarter turn and repeat. Continue kneading 5 to 8 minutes, sprinkling surface with more flour if dough starts to stick, until dough is smooth and springy. Spray a large bowl with the cooking spray.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap; let rise in a warm place 30 minutes or until dough has almost doubled in size. Dough is ready if an indentation remains when you press your fingertips about 1/2 inch into the dough.

- ☐ Spray 2 cookie sheets or 12-inch pizza pans with the cooking spray. Gently push your fist into the dough to deflate it. Divide dough in half. Shape each half into a flattened 10-inch round on a cookie sheet. Lightly spray 2 sheets of plastic wrap with cooking spray; cover the dough loosely with the plastic wrap, sprayed side down.
- ☐ Let rise in a warm place about 30 minutes or until dough has doubled in size.
- ☐ Remove plastic wrap.
- ☐ Heat the oven to 400°F. Using your fingers, gently make 1/2-inch-deep depressions about 2 inches apart in dough. Carefully brush with 2 tablespoons oil, using a pastry brush; sprinkle with cheese.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:7.57, Inflammation Score:-1, Nutrition Score:2.5991304182326%

Nutrients (% of daily need)

Calories: 80.28kcal (4.01%), Fat: 3.31g (5.1%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 10.2g (3.71%), Sugar: 0.54g (0.6%), Cholesterol: 0.71mg (0.24%), Sodium: 114.6mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin B1: 0.14mg (9.04%), Folate: 31.24µg (7.81%), Selenium: 4.68µg (6.69%), Vitamin K: 5.27µg (5.02%), Vitamin B2: 0.08mg (4.72%), Manganese: 0.09mg (4.67%), Vitamin B3: 0.89mg (4.45%), Iron: 0.67mg (3.72%), Phosphorus: 23.27mg (2.33%), Fiber: 0.5g (2%), Calcium: 16.87mg (1.69%), Vitamin E: 0.24mg (1.61%), Copper: 0.02mg (1.15%), Vitamin B5: 0.1mg (1.01%)