

# Harvest Focaccia



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



259 kcal

BREAD

## Ingredients

- ☐ 1.3 teaspoons yeast dry
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 cup grapes red dry seedless rinsed
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 12 servings pepper black
- ☐ 1 tablespoon sugar raw

- ☐ 1.5 teaspoons salt
- ☐ 4.8 cups unbleached all purpose flour
- ☐ 0.3 cup walnut pieces coarsely chopped
- ☐ 2.3 cups water room temperature
- ☐ 12 servings cornmeal yellow

## Equipment

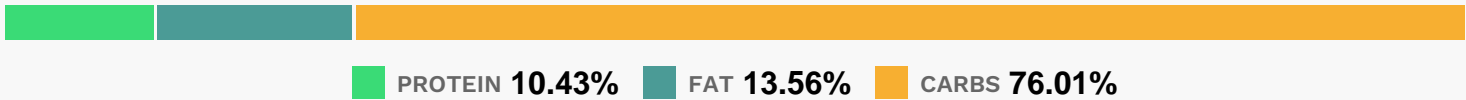
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

## Directions

- ☐ Combine 3/4 cup water and 1/4 teaspoon yeast in medium bowl.
- ☐ Add 1 cup plus 2 tablespoons flour and whisk until smooth. Cover and let stand at room temperature 3 hours. Refrigerate starter at least 24 hours and up to 3 days.
- ☐ Combine starter, 1 1/2 cups water and 1 teaspoon yeast in large bowl of heavy-duty mixer fitted with dough hook. Beat 1 minute.
- ☐ Add salt and remaining 3 3/4 cups flour. Beat 5 minutes. Scrape down sides of bowl and dough hook. Continue to beat until very soft, slightly sticky dough forms, about 5 minutes longer.
- ☐ Let stand 5 minutes. Scrape dough into large oiled bowl; cover with plastic.
- ☐ Let dough rise in warm draft-free area until doubled in volume, about 1 hour 15 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Combine grapes, 1 tablespoon oil, and 1 teaspoon thyme in medium bowl; toss to coat. Turn mixture out onto small rimmed baking sheet. Roast until grapes begin to burst, about 10 minutes. Cool completely on sheet.
- ☐ Sprinkle large baking sheet lightly with cornmeal. Turn dough out onto prepared sheet. Using floured fingertips, pull and spread dough to approximate 18x10-inch rectangle. Press dough all over with fingertips to dimple.

- ☐ Brush dough with additional oil.
- ☐ Sprinkle with grapes, then remaining 1 teaspoon thyme, walnuts, rosemary, and lemon peel.
- ☐ Sprinkle with raw sugar and lightly with coarsely cracked black pepper. Cover loosely with towel; let rise until light and puffy, about 45 minutes.
- ☐ Preheat oven to 400°F.
- ☐ Bake focaccia until golden brown, about 25 minutes.
- ☐ Transfer to board; brush edges with oil.
- ☐ Serve warm or at room temperature.
- ☐ \*Also called turbinado or demerara sugar; available at natural foods stores and most supermarkets.

## Nutrition Facts



## Properties

Glycemic Index:17.63, Glycemic Load:5.41, Inflammation Score:-6, Nutrition Score:9.506956556569%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

## Nutrients (% of daily need)

Calories: 259.16kcal (12.96%), Fat: 3.88g (5.97%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 48.96g (16.32%), Net Carbohydrates: 46.23g (16.81%), Sugar: 3.3g (3.67%), Cholesterol: 0mg (0%), Sodium: 294.87mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin B1: 0.47mg (31.43%), Folate: 104.37µg (26.09%), Manganese: 0.51mg (25.72%), Selenium: 17.54µg (25.05%), Vitamin B3: 3.36mg (16.79%), Vitamin B2: 0.28mg (16.53%), Iron: 2.8mg (15.56%), Fiber: 2.73g (10.92%), Phosphorus: 89.5mg (8.95%), Copper: 0.16mg (8.12%), Magnesium: 27.7mg (6.93%), Vitamin B6: 0.11mg (5.57%), Zinc: 0.78mg (5.2%), Potassium: 127.06mg (3.63%), Vitamin B5: 0.34mg (3.44%), Vitamin K: 2.94µg (2.8%), Vitamin E: 0.36mg (2.41%), Calcium: 15.45mg (1.55%), Vitamin C: 1.19mg (1.44%)