



Herb Focaccia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



12

CALORIES



17 kcal

Ingredients

- ☐ 0.8 cup water (105°F to 115°F)
- ☐ 1 package yeast dry
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 4 teaspoons vegetable oil
- ☐ 2.8 cups frangelico

Equipment

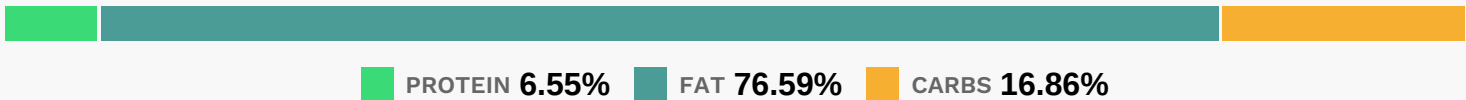
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack

Directions

- ☐ Lightly grease cookie sheet with shortening or cooking spray. In medium bowl, stir together water, yeast, Bisquick mix, oregano, 1/4 cup of the onion and 3 teaspoons of the oil (dough will be soft).
- ☐ Sprinkle work surface with Bisquick mix.
- ☐ Place dough on surface; roll to coat. Knead gently about 20 times, adding a small amount of Bisquick mix if dough sticks to surface, until smooth.
- ☐ Pat dough on cookie sheet into 10-inch round.
- ☐ Sprinkle remaining onion over dough.
- ☐ Brush remaining teaspoon oil over onion and dough. Cover; let rise in warm place about 1 hour or until doubled in size.
- ☐ Heat oven to 400°F.
- ☐ Bake 14 to 17 minutes or until light golden brown. Immediately remove from cookie sheet to cooling rack.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:0.98782608909128%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 17.38kcal (0.87%), Fat: 1.56g (2.39%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 1.26mg (0.05%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin B1: 0.07mg (4.43%), Folate: 14.89µg (3.72%), Vitamin K: 3.81µg (3.63%), Vitamin B2: 0.03mg (1.49%), Vitamin B3: 0.25mg (1.24%), Fiber: 0.3g (1.21%), Vitamin E: 0.15mg (1.03%)