



Herb Focaccia

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

Ingredients

- ☐ 11 ounce bread dough refrigerated french canned
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon pepper freshly ground

Equipment

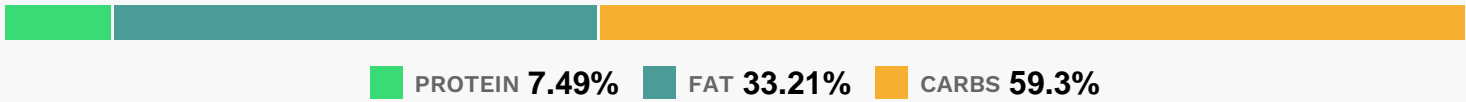
- ☐ frying pan

- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Unroll dough into a 15- x 10-inch jellyroll pan, and flatten slightly. Press handle of a wooden spoon into dough to make indentions at 1-inch intervals; drizzle with oil, and sprinkle with salt and remaining ingredients.
- ☐ Bake at 375 for 10 minutes or until lightly browned.
- ☐ Cut bread into rectangles, and serve warm with marinara sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:1.0186956507032%

Nutrients (% of daily need)

Calories: 132kcal (6.6%), Fat: 4.67g (7.19%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 17.76g (6.46%), Sugar: 0.01g (0.02%), Cholesterol: 0mg (0%), Sodium: 474.33mg (20.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin K: 7.29µg (6.94%), Fiber: 1g (4%), Vitamin E: 0.57mg (3.8%), Manganese: 0.06mg (3.11%), Iron: 0.33mg (1.82%)