Herbed Focaccia

Vegetarian Vegan Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	8	165 kcal

Ingredients

- [ ] 0.3 ounce active yeast dry
- [ ] 2 cups bread flour
- [ ] 1 teaspoon penzey's southwest seasoning dried italian
- [ ] 1 tablespoon olive oil
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon salt
- [ ] 1 teaspoon sugar
- [ ] 1 cup warm water (100° to 110°)

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] oven
- [ ] plastic wrap
- [ ] wooden spoon
- [ ] stand mixer

Directions

- [ ] Combine yeast, sugar, and 1 cup warm water in bowl of a heavy-duty electric stand mixer; let stand 5 minutes.
- [ ] Add 2 cups flour, oil, and salt to bowl, and beat at low speed, using dough hook attachment, 1 minute. Gradually add additional flour until dough begins to leave the sides of the bowl and pull together. (Note: The dough will take on a "shaggy" appearance as the flour is being added. When enough flour has been added, the dough will look soft and smooth, not wet and sticky or overly dry with a rough surface.)
- [ ] Increase speed to medium, and beat 5 minutes. Cover bowl of dough with plastic wrap, and let stand in a warm place (85), free from drafts, 30 minutes or until doubled in bulk. Punch dough down, and let stand 10 minutes.
- [ ] Turn dough out onto a lightly floured surface; shape dough into a ball.
- [ ] Roll dough into an 11- x 14-inch rectangle on a lightly greased baking sheet. Press handle of a wooden spoon into dough to make indentations at 1-inch intervals.
- [ ] Drizzle dough evenly with 1 tablespoon olive oil; sprinkle evenly with 1 teaspoon dried Italian seasoning.
- [ ] Bake at 475 for 12 to 15 minutes or until golden brown.

Nutrition Facts

PROTEIN **10.06%** FAT **32.11%** CARBS **57.83%**

Properties

Glycemic Index:17.76, Glycemic Load:15.04, Inflammation Score:-1, Nutrition Score:3.8799999795206%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 164.69kcal (8.23%), Fat: 5.85g (9%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 22.61g (8.22%), Sugar: 0.61g (0.67%), Cholesterol: 0mg (0%), Sodium: 293.41mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Selenium: 12.49µg (17.84%), Manganese: 0.26mg (13.18%), Vitamin B1: 0.12mg (8.19%), Folate: 31.64µg (7.91%), Vitamin E: 0.93mg (6.18%), Vitamin K: 4.81µg (4.58%), Fiber: 1.09g (4.38%), Phosphorus: 36.33mg (3.63%), Vitamin B3: 0.68mg (3.4%), Copper: 0.07mg (3.37%), Vitamin B2: 0.06mg (3.27%), Vitamin B5: 0.26mg (2.59%), Iron: 0.42mg (2.36%), Magnesium: 9.27mg (2.32%), Zinc: 0.35mg (2.31%), Vitamin B6: 0.03mg (1.37%), Potassium: 42.98mg (1.23%), Calcium: 10.07mg (1.01%)