



Herbed Focaccia

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

Ingredients

- 1 teaspoon rosemary dried
- 1 teaspoon rubbed sage dried
- 1 teaspoon thyme leaves dried
- 1 tablespoon flat-leaf parsley fresh chopped
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil extra-virgin
- 8 servings pizza dough all-purpose
- 1 tablespoon cornmeal yellow

Equipment

- baking sheet
- oven
- wooden spoon

Directions

- Roll prepared dough into a 12 x 8-inch rectangle on a floured surface.
- Sprinkle the parsley, sage, rosemary, and thyme over the dough. Fold the dough into thirds. Knead lightly 1 minute or until the herbs are blended into the dough. Cover and let stand for 10 minutes.
- Roll dough into a 14 x 12-inch rectangle.
- Place dough on a baking sheet coated with cooking spray and sprinkled with cornmeal. Cover and let rise in a warm place 35 minutes or until doubled in size.
- Preheat oven to 450
- Uncover the dough. Make indentations in top of dough using the handle of a wooden spoon or your fingertips. Gently brush the dough with olive oil.
- Sprinkle with kosher salt.
- Bake dough at 450 for 15 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.4582608928499%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 161.1kcal (8.05%), Fat: 3.61g (5.55%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 27.18g (9.88%), Sugar: 3.56g (3.96%), Cholesterol: 0mg (0%), Sodium: 557.89mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin K: 11.61µg (11.06%), Iron: 1.78mg (9.89%), Fiber: 1.05g (4.18%), Vitamin E: 0.27mg (1.8%)