



Honey-Almond Focaccia with Rosemary

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



105 kcal

BREAD

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 package yeast dry
- ☐ 1 large egg whites
- ☐ 1 large egg yolk
- ☐ 3.3 cups flour all-purpose divided
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1.5 teaspoons granulated sugar

- ☐ 1.5 teaspoons honey
- ☐ 1 cup milk 1% low-fat (100° to 110°)
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons olive oil divided
- ☐ 3 tablespoons powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon salt

Equipment

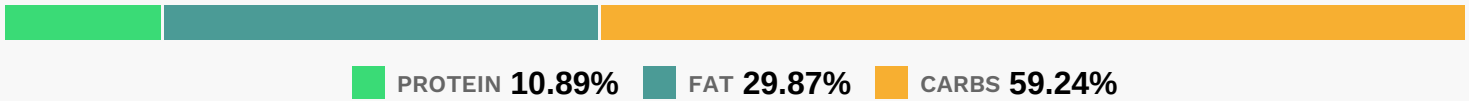
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Combine first 3 ingredients in a small saucepan; bring to a boil over medium-high heat. Cook 1 minute or until golden.
- ☐ Drain nut mixture through a fine sieve into a bowl, reserving oil. Toss nuts with 1/8 teaspoon salt and red pepper in a bowl.
- ☐ Combine milk, granulated sugar, and yeast in a large bowl; let stand 5 minutes or until bubbly. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add reserved oil, 7 ounces flour (about 1 1/4 cups), 1 teaspoon salt, and egg yolk to yeast mixture; beat with a mixer at low speed until combined. Gradually add remaining 9 ounces

- flour (about 2 cups) to oil mixture; beat at low speed until a soft, elastic dough forms (about 3 minutes). Press dough into a jelly-roll pan coated with 1 1/2 tablespoons oil. Cover with plastic wrap; let rise in a warm place (8
- ☐ for 40 minutes or until almost doubled in size.
 - ☐ Preheat oven to 35
 - ☐ Press dough gently with fingertips.
 - ☐ Combine remaining 1 1/2 teaspoons oil, powdered sugar, honey, and egg white; stir with a whisk until smooth. Gently brush dough with half of egg white mixture.
 - ☐ Bake at 350 for 20 minutes.
 - ☐ Remove pan from oven.
 - ☐ Brush top of bread with remaining egg white mixture; sprinkle with almonds.
 - ☐ Bake an additional 10 minutes or until golden brown.
 - ☐ Remove from pan; cool 10 minutes on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.64, Glycemic Load:9.73, Inflammation Score:-2, Nutrition Score:3.887391379265%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.47kcal (5.27%), Fat: 3.5g (5.39%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 14.84g (5.39%), Sugar: 2.22g (2.46%), Cholesterol: 8.14mg (2.71%), Sodium: 116.24mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin B1: 0.18mg (11.72%), Folate: 40.03µg (10.01%), Selenium: 6.73µg (9.62%), Vitamin B2: 0.14mg (8.31%), Manganese: 0.16mg (8.13%), Vitamin B3: 1.2mg

(6.01%), Vitamin E: 0.82mg (5.48%), Iron: 0.91mg (5.03%), Phosphorus: 42.56mg (4.26%), Fiber: 0.79g (3.17%), Magnesium: 10.53mg (2.63%), Copper: 0.05mg (2.35%), Calcium: 21.61mg (2.16%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.26mg (1.75%), Potassium: 54.65mg (1.56%), Vitamin K: 1.32µg (1.26%), Vitamin B12: 0.08µg (1.25%), Vitamin B6: 0.02mg (1.17%)