



Mediterranean Focaccia

READY IN



45 min.

SERVINGS



12

CALORIES



262 kcal

BREAD

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cornmeal
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 5.3 cups flour all-purpose divided
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.7 cup pimento-stuffed olives halved
- ☐ 7 ounce roasted bell peppers red cut into 1/4-inch strips
- ☐ 1.5 cups very warm water (120° to 130°)
- ☐ 1 package quick-rise yeast

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 5 cups flour, cheese, 1 teaspoon salt, rosemary, and yeast in a food processor; pulse 2 times or until blended. With processor on, slowly add water and 2 tablespoons oil through food chute, and process until the dough forms a ball. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes), and add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 10 minutes. (Dough will not double in bulk.)
- ☐ Preheat oven to 45
- ☐ Punch dough down; turn out onto a lightly floured surface. Divide dough into 12 equal portions, shaping each portion into a 4-inch circle.
- ☐ Place on 2 large baking sheets coated with cooking spray and dusted with cornmeal. Cover and let rise 40 minutes or until doubled in bulk.
- ☐ Uncover dough. Gently brush dough with 2 teaspoons olive oil. Make indentations in top of dough using the handle of a wooden spoon or your fingertips.

- ☐
- Sprinkle with 1/2 teaspoon salt and black pepper; arrange olives and bell peppers as desired on each circle.
- ☐
- Bake at 450 20 minutes or until golden.
- ☐
- Remove from baking sheets; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:20.46, Glycemic Load:30.56, Inflammation Score:-5, Nutrition Score:10.177825972438%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 262.2kcal (13.11%), Fat: 6g (9.22%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 41.89g (15.23%), Sugar: 0.2g (0.23%), Cholesterol: 3.63mg (1.21%), Sodium: 709.97mg (30.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Vitamin B1: 0.5mg (33.53%), Folate: 117.17µg (29.29%), Selenium: 20.21µg (28.88%), Manganese: 0.42mg (20.82%), Vitamin B2: 0.31mg (18.48%), Vitamin B3: 3.6mg (17.98%), Iron: 2.79mg (15.49%), Phosphorus: 94.75mg (9.47%), Vitamin C: 7.7mg (9.33%), Fiber: 2.17g (8.69%), Copper: 0.12mg (6.05%), Calcium: 57.33mg (5.73%), Vitamin E: 0.78mg (5.17%), Zinc: 0.67mg (4.48%), Magnesium: 17.73mg (4.43%), Vitamin B6: 0.07mg (3.66%), Vitamin B5: 0.35mg (3.45%), Vitamin A: 152IU (3.04%), Potassium: 102.45mg (2.93%), Vitamin K: 2.22µg (2.11%)