

# Michael's Foccacia Bread

 **Gluten Free**

READY IN



**70 min.**

SERVINGS



**19**

CALORIES



**31 kcal**

## Ingredients

- 1 tablespoon yeast dry
- 2 tablespoons rosemary leaves fresh chopped
- 1 tablespoon honey
- 1 tablespoon kosher salt
- 3 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup onion diced
- 0.3 cup parmesan cheese freshly grated
- 2 cups water

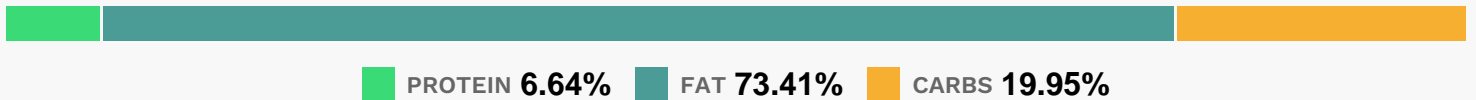
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Dissolve honey in the warm water in a large bowl, then sprinkle yeast over the top.
- Let stand for 5 minutes until the yeast softens and begins to foam. Stir in 1 tablespoon of salt, 1 tablespoon olive oil, onions, and 5 cups of flour until the dough comes together. Knead on a well floured surface until smooth and elastic, about 5 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 20 minutes.
- Preheat oven to 415 degrees F (215 degrees C).
- Place dough onto oiled baking sheet, and flatten to cover the whole sheet evenly. Use the tips of your fingers to make indentations all over the dough spaced about 1 inch apart.
- Drizzle the focaccia with 3 tablespoons olive oil, then sprinkle rosemary, Parmesan cheese, and remaining 1 tablespoon of kosher salt over the top.
- Let rise for 10 minutes
- Bake in preheated oven 20 minutes until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:0.72086957129447%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 31.08kcal (1.55%), Fat: 2.61g (4.02%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.44g (0.52%), Sugar: 1.09g (1.21%), Cholesterol: 1.14mg (0.38%), Sodium: 391.87mg (17.04%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin E: 0.33mg (2.17%), Vitamin B1: 0.03mg (1.7%), Folate: 6.06µg (1.51%), Calcium: 14.39mg (1.44%), Vitamin K: 1.37µg (1.31%), Phosphorus: 11.09mg (1.11%)