



Multi-Grain Focaccia with Herbs and Garlic

READY IN



895 min.

SERVINGS



24

CALORIES



166 kcal

BREAD

Ingredients

- 1 pinch active yeast dry
- 2.3 teaspoons active yeast dry ()
- 1 tablespoon medium-coarse sea salt
- 1 ounce flaxseed meal
- 2 teaspoons rosemary fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 6 cloves garlic roughly chopped
- 1.8 ounce oat flour
- 3.3 ounces scotch oats

- 0.3 cup olive oil extra-virgin
- 0.3 cup olive oil extra-virgin
- 3 ounces parmigiano-reggiano shaved
- 0.8 ounce salt fine
- 9.9 ounces 4 cups unbleached flour all-purpose as needed
- 0.8 cup water
- 1.8 cups warm water (110 degrees F)
- 3.5 ounce flour whole wheat
- 4.5 ounces flour whole wheat

Equipment

- bowl
- frying pan
- oven
- whisk
- wooden spoon
- kitchen towels
- dough scraper

Directions

- Special equipment: 2 pans, either jelly roll, 1/4 sheet, or 9-inch square metal
- Whisk the whole wheat flour, steel-cut oats, water and yeast in medium bowl. Cover with plastic and set aside at room temperature for 12 hours or overnight.
- Whisk the all-purpose, whole wheat, and oat flour, flaxseed, yeast, and salt in a large bowl. Make a well in the center and pour in the poolish, water, and olive oil. Stir the wet ingredients into the flour with a wooden spoon to make a very sticky loose dough. Cover with a kitchen towel and let stand for 30 minutes.
- Turn the dough out of the bowl onto a well-floured work surface or prep mat. Coat your hands with flour and press dough into a 12 by 8-inch rectangle (long side towards you). Using a bench scraper, fold the dough as you would a business letter. (The dough is very wet and

this may seem odd, but just move quickly with the scraper and fold 1 end of the dough over the other. Make sure you brush any raw flour from the surface of the dough before you fold over the second end). Spray with cooking spray and cover with a kitchen towel.

- Let stand 30 minutes.
- Fold the dough again like a letter, and rest for another 30 minutes.
- Preheat the oven to 425 degrees F. Divide the olive oil among 2 pans and swirl to coat the pan. Divide dough in half and transfer a piece to each pan, turn dough over to coat both sides with oil, then press dough evenly into the pans. Scatter the garlic, thyme, and rosemary over the top and press the toppings into the dough with your fingers.
- Sprinkle with sea salt and scatter the cheese on top. (See Cook's Note.)
- Bake until golden brown, about 20 to 25 minutes. Slip focaccia from the pans and cool on a rack.

Nutrition Facts

 **PROTEIN 11.67%**  **FAT 39.79%**  **CARBS 48.54%**

Properties

Glycemic Index:10.38, Glycemic Load:7.44, Inflammation Score:-4, Nutrition Score:7.1182608367956%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 166.48kcal (8.32%), Fat: 7.49g (11.52%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 18.24g (6.63%), Sugar: 0.18g (0.2%), Cholesterol: 2.41mg (0.8%), Sodium: 693.87mg (30.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Manganese: 0.73mg (36.73%), Selenium: 12.84µg (18.34%), Vitamin B1: 0.23mg (15.33%), Phosphorus: 107.05mg (10.7%), Fiber: 2.3g (9.2%), Folate: 36.58µg (9.14%), Magnesium: 30.88mg (7.72%), Iron: 1.31mg (7.27%), Vitamin B3: 1.42mg (7.09%), Vitamin B2: 0.11mg (6.49%), Vitamin E: 0.87mg (5.82%), Calcium: 56.41mg (5.64%), Copper: 0.1mg (5.21%), Zinc: 0.72mg (4.83%), Vitamin B6: 0.07mg (3.69%), Vitamin K: 3.64µg (3.47%), Potassium: 88.66mg (2.53%), Vitamin B5: 0.23mg (2.33%)