



Onion Focaccia

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



307 kcal

BREAD

Ingredients

- 1 tablespoon active yeast dry
- 6 cups flour all-purpose
- 2 garlic cloves minced
- 1 cup milk low-fat
- 5 tablespoons olive oil divided plus more for bowl and pan
- 3 large onions divided
- 1.5 tablespoons salt divided
- 2 teaspoons sugar

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- blender
- plastic wrap
- stand mixer

Directions

- Finely chop 1 onion. In a large frying pan over medium-high heat, add 3 tbsp. olive oil, the chopped onion, garlic, and 1/2 tsp. salt. Cook, stirring occasionally, until onions are soft, about 3 minutes. Set aside.
- Meanwhile, in the bowl of a stand mixer, dissolve yeast in 1 cup warm water (90 to 105).
- Let sit until foamy, about 5 minutes.
- Attach dough hook and, with mixer on low, add milk, 1 tbsp. salt, the sugar, and onion mixture to yeast. Work in flour, 1 cup at a time, until you have a smooth and elastic dough, about 3 minutes.
- Transfer dough to a large, oiled bowl. Cover with a clean towel or plastic wrap and let sit until doubled in bulk, about 1 1/2 hours. Punch down, cover, and let sit until doubled in bulk again, about 1 hour. Oil a large rimmed baking sheet (ideally 12 in. by 16 in.). Punch down dough again, transfer it to baking sheet, and use your hands to spread and gently push it into an even layer. Cover and let sit until soft and puffy, about 45 minutes.
- Meanwhile, halve and thinly slice remaining 2 onions. In a large frying pan over medium-high heat, add remaining 2 tbsp. olive oil, the onions, and 1/2 tsp. salt. Cook, stirring, until onions are soft and beginning to turn translucent, about 3 minutes. Set aside.
- Preheat oven to 45
- Using your fingers, poke holes straight down into the risen dough.
- Spread cooked onion mixture evenly over top and sprinkle with remaining 1/2 tsp. salt.

Bake until golden, 30 to 35 minutes. Cool in pan on a wire rack.

Serve warm or at room temperature.

Nutrition Facts

PROTEIN 10.14% **FAT 19.85%** **CARBS 70.01%**

Properties

Glycemic Index:16.84, Glycemic Load:35.79, Inflammation Score:-5, Nutrition Score:10.986086962016%

Flavonoids

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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 306.92kcal (15.35%), Fat: 6.7g (10.31%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 50.76g (18.46%), Sugar: 3.4g (3.78%), Cholesterol: 0.98mg (0.33%), Sodium: 882.85mg (38.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin B1: 0.56mg (37.12%), Folate: 129.71µg (32.43%), Selenium: 21.89µg (31.27%), Manganese: 0.49mg (24.34%), Vitamin B2: 0.36mg (21.2%), Vitamin B3: 3.89mg (19.47%), Iron: 3.03mg (16.86%), Phosphorus: 101.52mg (10.15%), Fiber: 2.43g (9.7%), Vitamin E: 0.89mg (5.93%), Copper: 0.11mg (5.42%), Magnesium: 20.19mg (5.05%), Vitamin B6: 0.1mg (4.78%), Potassium: 158.34mg (4.52%), Calcium: 44.39mg (4.44%), Vitamin B5: 0.44mg (4.39%), Zinc: 0.62mg (4.14%), Vitamin K: 3.88µg (3.69%), Vitamin C: 2.93mg (3.55%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.22µg (1.44%)