

Onion Focaccia



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



295 kcal

Ingredients

- ☐ 1 packet active yeast dry
- ☐ 3 cups all purpose flour
- ☐ 10 sage leaves fresh chopped
- ☐ 8 servings ground pepper and garlic black
- ☐ 7 T olive oil
- ☐ 1 onion
- ☐ 0.5 tsp salt
- ☐ 8 servings sea salt
- ☐ 1 tsp sugar

- ☐ 1 cup water lukewarm
- ☐ 3 T balsamic vinegar white

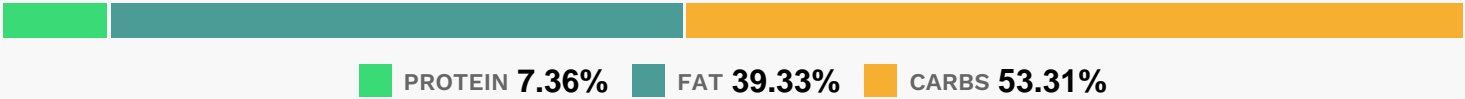
Equipment

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

Directions

- ☐ Combine water and yeast in the bowl of a stand mixer and let sit about 5 minutes until foamy.
- ☐ Add the sugar, salt, 3 T of olive oil and flour and with the dough hook in place, mix about 5 minutes until dough has come together and is smooth. You may need to add a little more warm water if the mixture seems too dry.
- ☐ Remove the ball of dough from the mixer and place it in an oiled bowl, turning to coat. Cover the bowl and let rise in a warm place until doubled in size. Meanwhile, heat 1 T olive oil in a pan. Thinly slice the onion and add to the pan. When the onions begin to soften, add the balsamic vinegar and sage leaves and continue to simmer until all of the balsamic has been absorbed by the onions.
- ☐ Remove from heat. Preheat the oven to 400 °F. Punch the dough down and then roll it out into a rectangle and place on a baking sheet. The shape isn't really important, my focaccia is usually misshapen, it gives it character. Poke the dough with your fingers to create dimples and then smear the dough with 3 T of oil.
- ☐ Spread the onion mixture on top of the dough, sprinkle with sea salt and grind some fresh black pepper and garlic on top to finish.
- ☐ Put the focaccia in the oven.
- ☐ Bake for approximately 30 minutes or until crust is golden on the bottom.
- ☐ Transfer to a wire rack to cool slightly before slicing.

Nutrition Facts



Properties

Glycemic Index:31.76, Glycemic Load:27.05, Inflammation Score:-4, Nutrition Score:8.9717391015881%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 294.88kcal (14.74%), Fat: 12.8g (19.69%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 37.27g (13.55%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 344.2mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin B1: 0.47mg (31.39%), Folate: 108.89µg (27.22%), Selenium: 16.04µg (22.91%), Manganese: 0.37mg (18.34%), Vitamin B2: 0.27mg (15.92%), Vitamin B3: 3.14mg (15.68%), Iron: 2.35mg (13.07%), Vitamin E: 1.8mg (11.97%), Copper: 0.24mg (11.92%), Vitamin K: 7.74µg (7.37%), Fiber: 1.76g (7.05%), Phosphorus: 61.5mg (6.15%), Vitamin B5: 0.34mg (3.42%), Magnesium: 13.44mg (3.36%), Zinc: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.53%), Potassium: 87.06mg (2.49%), Calcium: 14.08mg (1.41%), Vitamin C: 1.02mg (1.24%)