



Parmesan Focaccia Bread

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

Ingredients

- 4.3 cups bread flour
- 3 teaspoons bread machine yeast
- 0.3 cup olive oil
- 4 teaspoons oregano dried
- 0.3 cup parmesan cheese grated
- 1 teaspoon salt
- 1 teaspoon lecithin
- 1.3 cups warm water (110 degrees F/45 degrees C)
- 1 teaspoon sugar white

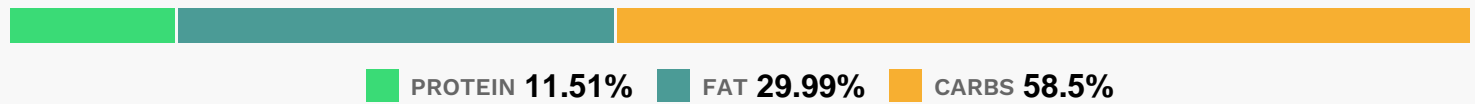
Equipment

- oven
- bread machine

Directions

- Place ingredients in the bread machine in the order suggested by the manufacturer. Select Dough setting, and Start.
- When the dough has risen once in the breadmaker, transfer it into an oiled, 8 inch, round baking tin. Allow to rise until doubled in bulk.
- Poke it all over with your finger, right to the bottom of the tin. Allow to rest for another five or ten minutes.
- Pour olive oil over the top of the loaf, and sprinkle with parmesan cheese.
- Bake at 400 degrees F (205 degrees C) in center of oven for approximately 20 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:31.56, Inflammation Score:-7, Nutrition Score:9.0634783654595%

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

Nutrients (% of daily need)

Calories: 347.44kcal (17.37%), Fat: 11.61g (17.86%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 48.27g (17.55%), Sugar: 0.9g (1%), Cholesterol: 3.63mg (1.21%), Sodium: 368.28mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.05%), Selenium: 28.02µg (40.02%), Manganese: 0.59mg (29.3%), Vitamin B1: 0.26mg (17.29%), Folate: 67.79µg (16.95%), Vitamin E: 1.77mg (11.77%), Vitamin K: 11.91µg (11.35%), Fiber: 2.67g (10.68%), Phosphorus: 104.08mg (10.41%), Vitamin B2: 0.13mg (7.85%), Vitamin B3: 1.46mg (7.28%), Copper: 0.14mg (7.17%), Calcium: 64.79mg (6.48%), Zinc: 0.92mg (6.16%), Iron: 1.09mg (6.06%), Vitamin B5: 0.56mg (5.63%), Magnesium: 22.16mg (5.54%), Vitamin B6: 0.07mg (3.31%), Potassium: 104.48mg (2.99%), Vitamin A: 54.38IU (1.09%)