



WHATSheATE



Prosciutto-and-Provolone-Stuffed Focaccia

READY IN



45 min.

SERVINGS



10

CALORIES



319 kcal

Ingredients

- ☐ 3.3 cups bread flour divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.3 cup chives fresh minced
- ☐ 1.5 cups warm milk fat-free 105° to 115°
- ☐ 0.3 cup olive oil
- ☐ 1 cup pasta flour
- ☐ 4 ounces pancetta divided thinly sliced
- ☐ 4 ounces provolone cheese divided thinly sliced
- ☐ 0.5 teaspoon salt

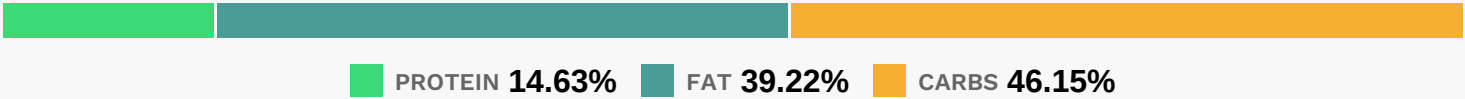
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in warm milk in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups, and level with a knife. Stir in 3 cups bread flour, semolina, oil, and salt to yeast mixture to form a stiff dough. Turn dough out onto a lightly floured surface. Knead dough until smooth and elastic (about 10 minutes); add enough of remaining bread flour, one tablespoon at a time, to prevent dough from sticking.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Punch dough down; roll into a 15 x 10-inch rectangle on a lightly floured surface.
- ☐ Place on a large baking sheet coated with cooking spray.
- ☐ Place 2 ounces cheese down the center of the short length of dough; top with 2 ounces prosciutto and 2 tablespoons chives. Fold one short end of dough over filling.
- ☐ Place 2 ounces cheese, 2 ounces prosciutto, and 2 tablespoons chives on top of fold. Fold remaining short end over filling, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place on a baking sheet coated with cooking spray. Cover focaccia, and let rise 45 minutes or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Uncover dough.
- ☐ Bake at 375 for 20 minutes.
- ☐ Remove from baking sheet; cool on wire rack.
- ☐ Cut loaf crosswise into 10 slices.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:21.56, Inflammation Score:-4, Nutrition Score:8.3265217879544%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 318.81kcal (15.94%), Fat: 13.77g (21.19%), Saturated Fat: 4.33g (27.09%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 35.08g (12.76%), Sugar: 2.22g (2.47%), Cholesterol: 16.41mg (5.47%), Sodium: 290.52mg (12.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.56g (23.12%), Selenium: 24.64µg (35.2%), Manganese: 0.39mg (19.32%), Phosphorus: 167.68mg (16.77%), Calcium: 143.42mg (14.34%), Vitamin B1: 0.17mg (11.31%), Vitamin B2: 0.15mg (8.87%), Folate: 33.78µg (8.45%), Zinc: 1.16mg (7.71%), Vitamin B12: 0.44µg (7.27%), Vitamin E: 1.02mg (6.82%), Vitamin B3: 1.31mg (6.57%), Magnesium: 23.08mg (5.77%), Fiber: 1.38g (5.52%), Vitamin B5: 0.55mg (5.5%), Vitamin K: 5.76µg (5.49%), Copper: 0.1mg (5.22%), Vitamin B6: 0.1mg (4.76%), Potassium: 163.2mg (4.66%), Vitamin A: 223.3IU (4.47%), Iron: 0.61mg (3.4%), Vitamin D: 0.51µg (3.38%)