



WHATSheATE



Pumpkin-Walnut Focaccia with Gruyère

READY IN



45 min.

SERVINGS



16

CALORIES



182 kcal

Ingredients

- ☐ 15.8 ounces bread flour divided
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 1 cup pumpkin puree canned
- ☐ 1 teaspoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.3 teaspoon nutmeg
- ☐ 3 ounces gruyere cheese divided grated
- ☐ 1 teaspoon salt
- ☐ 0.3 cup walnut pieces coarsely chopped

- ☐ 0.8 cup water (100° to 110°)

Equipment

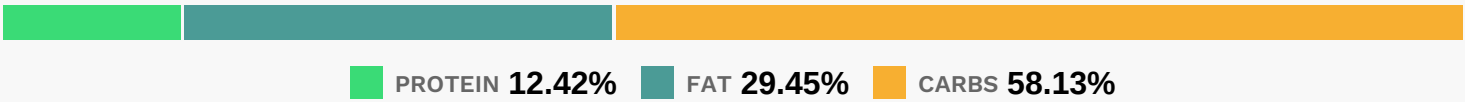
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Combine water, sugar, and yeast in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 cup flour and butter to yeast mixture; stir just until combined. Cover and let rise in a warm place (85), free from drafts, 30 minutes.
- ☐ Add pumpkin, salt, and nutmeg to flour mixture; stir until well combined.
- ☐ Add 2 1/4 cups flour and half of cheese; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining 1/4 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ 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, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide dough in half; shape each half into an 8-inch circle.
- ☐ Place dough circles on a baking sheet sprinkled with cornmeal.
- ☐ Sprinkle remaining cheese and nuts evenly over dough circles; press lightly to adhere. Lightly coat dough circles with cooking spray; cover and let rise 20 minutes (dough will not double in size).
- ☐ Preheat oven to 40
- ☐ Uncover dough; bake at 400 for 30 minutes or until loaves are browned on the bottom and cheese melts (shield loaves with foil to prevent overbrowning, if necessary). Cool on a wire

rack.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:13.21, Inflammation Score:-9, Nutrition Score:6.7547826047825%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 182.15kcal (9.11%), Fat: 5.99g (9.22%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 25.2g (9.17%), Sugar: 5.13g (5.7%), Cholesterol: 11.49mg (3.83%), Sodium: 203.62mg (8.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Vitamin A: 2500.15IU (50%), Selenium: 12.15µg (17.36%), Manganese: 0.33mg (16.72%), Phosphorus: 76.97mg (7.7%), Calcium: 69.3mg (6.93%), Folate: 24.39µg (6.1%), Vitamin B1: 0.09mg (5.75%), Copper: 0.11mg (5.71%), Fiber: 1.41g (5.65%), Magnesium: 17.27mg (4.32%), Zinc: 0.59mg (3.94%), Vitamin B2: 0.06mg (3.65%), Iron: 0.59mg (3.29%), Vitamin B5: 0.3mg (2.96%), Vitamin K: 2.93µg (2.79%), Vitamin B3: 0.55mg (2.77%), Potassium: 85.95mg (2.46%), Vitamin E: 0.37mg (2.45%), Vitamin B6: 0.05mg (2.28%), Vitamin B12: 0.09µg (1.5%)