

## Red Onion Focaccia



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



193 kcal

BREAD

### Ingredients

- ☐ 1 cup bread flour
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon olive oil
- ☐ 4 teaspoons olive oil divided

- ☐ 5 cups onion red thinly sliced
- ☐ 0.3 teaspoon sea salt
- ☐ 2 teaspoons sea salt
- ☐ 2 cups warm water (100° to 110°)
- ☐ 1 cup flour whole wheat

## Equipment

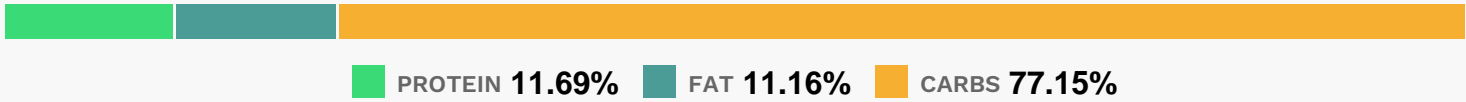
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ To prepare the sponge, dissolve yeast and honey in warm water in a large bowl, and let stand 5 minutes. Lightly spoon all-purpose flour into dry measuring cups; level with a knife. Stir all-purpose flour into yeast mixture. Cover and chill overnight.
- ☐ To prepare dough, stir yeast mixture with a spoon; let stand 30 minutes or until it begins to bubble.
- ☐ Combine yeast mixture, bread flour, whole wheat flour, 1 tablespoon oil, and 2 teaspoons sea salt in a large bowl. Beat with a mixer at medium speed for 15 minutes or until dough pulls away from sides of bowl. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size (dough will be wet).
- ☐ Spread 1 teaspoon oil evenly over bottom of a 15 x 10-inch jelly roll pan.
- ☐ Pour dough into pan; let stand 5 minutes. Gently press dough to fill pan; let stand 30 minutes.
- ☐ Preheat oven to 42
- ☐ While the dough is rising, prepare topping by heating 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add onion and rosemary, and cook 15 minutes or until browned. Arrange onion over top of the dough.

- ☐
- Sprinkle with 1/4 teaspoon sea salt and crushed red pepper.
- ☐
- Bake at 425 for 25 minutes or until golden brown. Cool 5 minutes.

# Nutrition Facts



## Properties

Glycemic Index:18.44, Glycemic Load:18.02, Inflammation Score:-6, Nutrition Score:8.6586957137384%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg

## Nutrients (% of daily need)

Calories: 192.84kcal (9.64%), Fat: 2.42g (3.72%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 34.44g (12.52%), Sugar: 3.44g (3.82%), Cholesterol: 0mg (0%), Sodium: 442.57mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Manganese: 0.72mg (36.15%), Selenium: 17.77µg (25.39%), Vitamin B1: 0.32mg (21.14%), Folate: 72.48µg (18.12%), Fiber: 3.21g (12.85%), Vitamin B3: 2.15mg (10.74%), Vitamin B2: 0.17mg (9.87%), Phosphorus: 91.61mg (9.16%), Iron: 1.61mg (8.93%), Vitamin B6: 0.14mg (7.2%), Magnesium: 28.5mg (7.13%), Copper: 0.13mg (6.31%), Vitamin C: 4.97mg (6.03%), Potassium: 174.25mg (4.98%), Zinc: 0.66mg (4.42%), Vitamin B5: 0.36mg (3.6%), Vitamin E: 0.39mg (2.63%), Calcium: 25.77mg (2.58%), Vitamin K: 1.6µg (1.52%)