



## Red Onion-Fontina Sake Focaccia

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



157 kcal

BREAD

## Ingredients

- ☐ 1 package yeast dry
- ☐ 1 large egg white lightly beaten
- ☐ 10.3 ounces flour all-purpose divided
- ☐ 7 ounces fontina shredded
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 4 teaspoons cornmeal stone-ground divided
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon olive oil

- ☐ 1 Dash pepper black freshly ground
- ☐ 1.5 cups onion red vertically sliced
- ☐ 0.5 cup warm sake (100° to 110°)
- ☐ 0.5 teaspoon sake
- ☐ 1 teaspoon salt
- ☐ 1 Dash sugar
- ☐ 0.8 cup warm water (100° to 110°)
- ☐ 1 teaspoon water

## Equipment

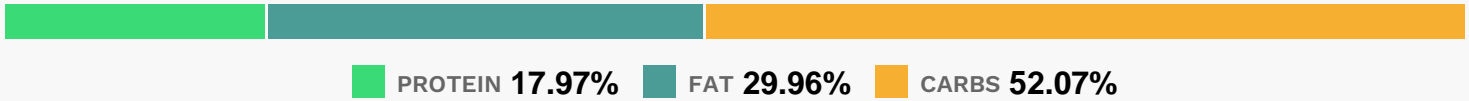
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

## Directions

- ☐ Dissolve yeast and sugar in 3/4 cup warm water in a small bowl; let stand for 5 minutes.
- ☐ Lightly spoon all-purpose flour into dry measuring cups; level with a knife.
- ☐ Combine 2 1/2 cups flour, 1 tablespoon stone-ground cornmeal, and 1 teaspoon salt in a large bowl; stir well with a whisk. Set aside.
- ☐ Stir 1/2 cup warm sake into yeast mixture; immediately add to flour mixture, and stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ 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, 30 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Preheat oven to 40

- ☐ Turn dough out onto a baking sheet evenly sprinkled with remaining 1 teaspoon cornmeal. Gently press dough into a 12-inch circle. Lightly spray surface of dough with cooking spray; cover and let rise in a warm place (85), free from drafts, 15 minutes.
- ☐ Combine red onion, 1/2 teaspoon sake, olive oil, and dash of black pepper; toss well to coat.
- ☐ Combine 1 teaspoon water and egg white in a small bowl. Gently brush dough with egg white mixture; discard any remaining egg white mixture.
- ☐ Sprinkle fontina cheese evenly over dough, and top with the onion mixture.
- ☐ Sprinkle with thyme and 1 teaspoon kosher salt.
- ☐ Bake at 400 for 35 minutes or until focaccia is deep golden brown and cheese is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:24.61, Glycemic Load:12.27, Inflammation Score:-4, Nutrition Score:5.3939130202584%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## Nutrients (% of daily need)

Calories: 156.63kcal (7.83%), Fat: 4.85g (7.46%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 17.91g (6.51%), Sugar: 1.1g (1.22%), Cholesterol: 16.44mg (5.48%), Sodium: 451.75mg (19.64%), Alcohol: 1.41g (100%), Alcohol %: 2.27% (100%), Protein: 6.55g (13.09%), Vitamin B1: 0.23mg (15.47%), Selenium: 9.9µg (14.15%), Folate: 54.45µg (13.61%), Vitamin B2: 0.17mg (9.91%), Manganese: 0.18mg (8.83%), Calcium: 87.04mg (8.7%), Phosphorus: 82.13mg (8.21%), Vitamin B3: 1.5mg (7.48%), Iron: 1.11mg (6.15%), Zinc: 0.74mg (4.91%), Fiber: 1.07g (4.27%), Vitamin B12: 0.24µg (4.01%), Vitamin A: 136.58IU (2.73%), Vitamin B6: 0.05mg (2.65%), Magnesium: 10.35mg (2.59%), Vitamin B5: 0.25mg (2.5%), Copper: 0.05mg (2.42%), Potassium: 70.17mg (2%), Vitamin C: 1.5mg (1.82%)