



Rosemary Currant Focaccia

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



141 kcal

Ingredients

- 2.8 cups bread flour divided
- 1 tablespoon cornmeal
- 0.3 cup currants
- 2 tablespoons rosemary fresh chopped
- 0.5 teaspoon kosher salt
- 1 teaspoon olive oil
- 2 tablespoons olive oil
- 1 teaspoon salt
- 0.8 cup water

- 1 package rapid-rise yeast

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- mixing bowl
- hand mixer
- wooden spoon

Directions

- Combine 2 cups flour, yeast, and 1 teaspoon salt in a large mixing bowl, stirring well.
- Combine water and 2 tablespoons olive oil in a saucepan; place over medium heat until mixture is very warm (120 to 130).
- Gradually add liquid mixture to flour mixture, beating well at low speed of an electric mixer. Beat 2 additional minutes at medium speed. Gradually stir in enough of the remaining 3/4 cup bread flour to make a soft dough.
- Turn dough out onto work surface, and knead until smooth and elastic (about 10 minutes).
- 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, 40 minutes or until doubled in bulk.
- Punch dough down; turn out onto work surface, and flatten slightly.
- Sprinkle currants and rosemary over dough; knead gently to incorporate currants and rosemary. Cover and let dough rest 15 minutes.
- Roll dough into an 11-inch circle; place on a baking sheet sprinkled with cornmeal.
- Let dough rest 10 minutes.
- Brush dough with 1 teaspoon olive oil, and sprinkle evenly with kosher salt. Poke holes in dough at 1-inch intervals with handle of a wooden spoon.
- Bake at 500 for 10 to 12 minutes or until golden.
- Cut into wedges.

Nutrition Facts

PROTEIN 10.97% FAT 20.85% CARBS 68.18%

Properties

Glycemic Index:13.38, Glycemic Load:14.37, Inflammation Score:-1, Nutrition Score:3.3700000362714%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 141.22kcal (7.06%), Fat: 3.26g (5.02%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 24g (8%), Net Carbohydrates: 22.9g (8.33%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 293.76mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Selenium: 11.49µg (16.41%), Manganese: 0.25mg (12.6%), Vitamin B1: 0.09mg (6.3%), Folate: 24.05µg (6.01%), Fiber: 1.1g (4.41%), Phosphorus: 36.57mg (3.66%), Copper: 0.07mg (3.46%), Vitamin E: 0.5mg (3.37%), Vitamin B3: 0.59mg (2.97%), Vitamin B2: 0.05mg (2.71%), Magnesium: 9.91mg (2.48%), Zinc: 0.33mg (2.21%), Iron: 0.39mg (2.17%), Vitamin B5: 0.21mg (2.13%), Potassium: 62.52mg (1.79%), Vitamin K: 1.79µg (1.71%), Vitamin B6: 0.03mg (1.71%)