



Rosemary Focaccia

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



176 kcal

BREAD

Ingredients

- 2.3 teaspoons yeast dry
- 1 cup flour all-purpose
- 1.5 cups flour all-purpose
- 1 teaspoon rosemary fresh chopped
- 1 tablespoon rosemary leaves fresh
- 1 teaspoon honey
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil

- 2 tablespoons olive oil extra-virgin
- 1 teaspoon salt
- 1.3 cups warm water (100° to 110°)
- 0.5 cup flour whole wheat

Equipment

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

Directions

- To prepare sponge, dissolve honey and yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon 1 1/2 cups all-purpose flour into dry measuring cups; level with a knife.
- Add 1 1/2 cups all-purpose flour and 2 tablespoons oil to yeast mixture, stirring until well combined. Cover and let rise in a warm place (85), free from drafts, 1 hour.
- To prepare dough, lightly spoon 1 cup all-purpose flour and whole wheat flour into dry measuring cups; level with a knife. Stir 1 cup all-purpose flour, whole wheat flour, 1 teaspoon salt, and chopped rosemary into yeast mixture; beat with a mixer at medium speed 6 minutes or until dough is smooth and elastic (dough will be sticky). Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in size (dough will be wet).
- Preheat oven to 40
- Scrape dough into a 15 x 10-inch jelly roll pan coated with cooking spray. Gently press dough into a 12 x 8-inch rectangle.
- Brush dough with 1 tablespoon oil; sprinkle with rosemary leaves and 1/2 teaspoon kosher salt. Cover; let rest 30 minutes.
- Bake at 400 for 25 minutes or until golden brown. Cool 5 minutes.

Nutrition Facts



■ PROTEIN 9.8% ■ FAT 24.14% ■ CARBS 66.06%

Properties

Glycemic Index:20.23, Glycemic Load:17.55, Inflammation Score:-4, Nutrition Score:6.8739130888134%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 175.96kcal (8.8%), Fat: 4.72g (7.26%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 27.37g (9.95%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 351.57mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin B1: 0.35mg (23.5%), Manganese: 0.46mg (23.14%), Selenium: 14.36µg (20.52%), Folate: 76.45µg (19.11%), Vitamin B3: 2.43mg (12.13%), Vitamin B2: 0.19mg (11.34%), Iron: 1.72mg (9.58%), Fiber: 1.71g (6.82%), Phosphorus: 59.8mg (5.98%), Vitamin E: 0.67mg (4.44%), Magnesium: 15.98mg (4%), Copper: 0.08mg (3.93%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.27mg (2.7%), Vitamin K: 2.74µg (2.61%), Vitamin B6: 0.05mg (2.48%), Potassium: 63.78mg (1.82%)