



## Rosemary Focaccia Bread

 Vegetarian  Vegan  Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



242 kcal

### Ingredients

- 0.3 oz active yeast dry
- 4.5 cups bread flour
- 0.3 cup olive oil extra virgin
- 3 tablespoons olive oil extra virgin
- 2 tablespoons rosemary leaves fresh divided
- 1 teaspoon kosher salt
- 1 tablespoon salt
- 1.7 cups water lukewarm (100° to 110°)

### Equipment

- bowl
- frying pan
- oven
- wire rack
- plastic wrap
- wooden spoon
- stand mixer
- kitchen towels

## Directions

- Stir together yeast and warm water in bowl of a heavy-duty electric stand mixer; let stand 5 minutes.
- Add bread flour, 1/4 cup oil, and 1 Tbsp. table salt to yeast mixture. Beat on low speed, using paddle attachment, 10 seconds or until blended. Increase speed to medium. Beat 45 seconds or until dough is smooth.
- Add 1 Tbsp. rosemary. Replace paddle attachment with dough hook; increase speed to medium-high, and beat 4 minutes. (Dough will be sticky.)
- Turn dough onto a floured surface, and knead until smooth and elastic (about 1 minute).
- Place in a greased bowl, turning to coat. Cover dough with plastic wrap, and let rise in a warm place (80 to 85), free from drafts, 1 hour or until doubled in bulk.
- Press dough into a well greased 15- x 10-inch jelly-roll pan, pressing to about 1/4-inch thickness. Cover with a kitchen towel, and let rise in a warm place 1 hour.
- Preheat oven to 47
- Press handle of a wooden spoon into dough to make indentations at 1-inch intervals; drizzle with 3 Tbsp. oil.
- Sprinkle with kosher salt and remaining 1 Tbsp. rosemary.
- Bake 14 to 16 minutes or until top is light brown.
- Remove from pan to a wire rack, and cool 10 minutes.

## Nutrition Facts



■ PROTEIN 9.76% ■ FAT 33.12% ■ CARBS 57.12%

## Properties

Glycemic Index:5.58, Glycemic Load:22.03, Inflammation Score:-2, Nutrition Score:4.8352173642134%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 242.29kcal (12.11%), Fat: 8.84g (13.6%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 32.98g (11.99%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 778.29mg (33.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.73%), Selenium: 18.66µg (26.65%), Manganese: 0.38mg (18.91%), Vitamin E: 1.34mg (8.93%), Folate: 29.65µg (7.41%), Vitamin B1: 0.1mg (6.84%), Fiber: 1.33g (5.32%), Phosphorus: 49.45mg (4.95%), Copper: 0.09mg (4.74%), Vitamin K: 4.96µg (4.72%), Vitamin B3: 0.71mg (3.55%), Magnesium: 12.69mg (3.17%), Vitamin B2: 0.05mg (3.07%), Zinc: 0.45mg (3.02%), Vitamin B5: 0.29mg (2.88%), Iron: 0.51mg (2.82%), Potassium: 54.98mg (1.57%), Vitamin B6: 0.03mg (1.37%)