

Rosemary Focaccia with Olives



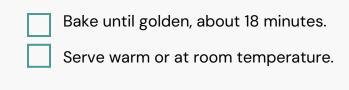


Ingredients

2.5 cups bread flour ()
0.5 teaspoon sea salt
1 envelope yeast dry
3 teaspoons rosemary leaves fresh
12 olives black pitted halved
4 tablespoons olive oil extra virgin extra-virgin
12 ounce baking potatoes
1 teaspoon salt

0.3 teaspoon sugar

	1 cup water (105°°F to 115°F)	
Equipment		
	bowl	
	baking sheet	
	oven	
	microwave	
	measuring cup	
Directions		
	Pierce potato several times with fork. Microwave on high until tender, turning once, about 12 minutes.	
	Cut in half. Scoop flesh into small bowl; mash well. Measure 2/3 cup (packed) mashed potato; cool (reserve extra potato for another use).	
	Combine 2 1/2 cups flour, half of rosemary and 1 teaspoon salt in processor; blend until rosemary is chopped, about 1 minute.	
	Add potato; blend in, using about 25 on/off turns.	
	Combine 1 cup warm water and sugar in 2-cup glass measuring cup; sprinkle yeast over.	
	Let stand until foamy, about 5 minutes. Stir 3 tablespoons oil into yeast mixture. With processor running, pour yeast mixture into flour mixture. Process until smooth, about 1 minute. Scrape dough out onto lightly floured surface. Knead until dough feels silky, sprinkling with more flour as needed, about 1 minute.	
	Place dough in large oiled bowl; turn to coat. Cover with towel; let rise in warm area until doubled in volume, about 1 hour.	
	Position rack in center of oven and preheat to 450°F.	
	Brush large baking sheet with oil. Punch down dough; knead 30 seconds on lightly floured surface. Stretch or pat out dough to 12-inch round.	
	Transfer round to prepared baking sheet. Press dough all over with fingertips to dimple.	
	Brush with 1 tablespoon oil. Press olive halves, cut side down, into dough.	
	Sprinkle with sea salt.	
	Let rise until just puffy, about 20 minutes.	



Nutrition Facts

PROTEIN 9.65% FAT 31.33% CARBS 59.02%

Properties

Glycemic Index:13.05, Glycemic Load:11.52, Inflammation Score:-1, Nutrition Score:2.9821739086638%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 116.97kcal (5.85%), Fat: 4.08g (6.28%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 16.38g (5.96%), Sugar: 0.25g (0.28%), Cholesterol: Omg (0%), Sodium: 251.58mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Selenium: 7.44µg (10.62%), Manganese: 0.18mg (8.95%), Vitamin B1: 0.08mg (5.13%), Folate: 18.61µg (4.65%), Vitamin E: 0.66mg (4.38%), Vitamin B6: 0.08mg (4.15%), Fiber: 0.91g (3.63%), Phosphorus: 31.58mg (3.16%), Copper: 0.06mg (3.08%), Potassium: 107.14mg (3.06%), Vitamin B3: 0.56mg (2.82%), Magnesium: 9.89mg (2.47%), Vitamin K: 2.44µg (2.32%), Iron: 0.38mg (2.12%), Vitamin B2: 0.03mg (2.02%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.25mg (1.67%), Vitamin C: 1.15mg (1.39%)