



Rosemary Focaccia with Olives



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



17

CALORIES



117 kcal

Ingredients

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

- ☐ 1 cup warm water (105°F to 115°F)

Equipment

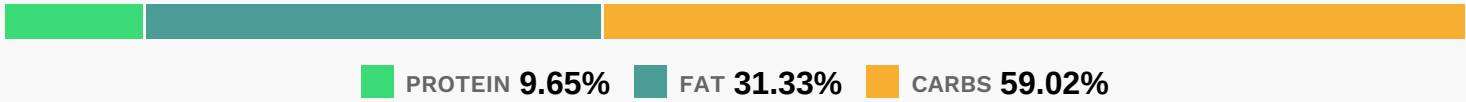
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave
- ☐ measuring cup

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.

- ☐ Bake until golden, about 18 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



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: 0mg (0%), Sodium: 251.58mg (10.94%), Alcohol: 0g (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%)