



## Schiacciata with Grapes

 Vegetarian  Dairy Free

READY IN



71 min.

SERVINGS



6

CALORIES



675 kcal

SIDE DISH

### Ingredients

- 2 pounds grapes black
- 1 envelope yeast dry
- 4.5 cups flour
- 1 tablespoon honey
- 6 servings olive oil extra-virgin
- 1 teaspoon salt
- 6 servings salt
- 6 ounces sugar

1.5 cups warm water

## Equipment

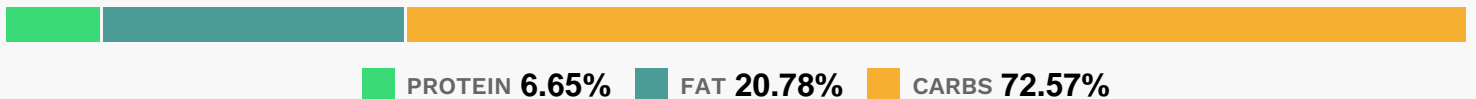
bowl

oven

## Directions

- Preheat oven to 375 degrees F. Knead dough together with 4 tablespoons of oil, 2 ounces sugar and a pinch of salt.
- Roll half of it out thinly into a rectangular shape the same size as the baking tin. Grease the tin and line it with the thinly rolled out dough.
- Sprinkle this with 4 tablespoons of sugar and half of the grapes.
- Roll out the remaining dough and put this on top to form a second layer.
- Sprinkle with the rest of the grapes.
- Let in rise in a warm space, then sprinkle with remaining sugar and cook for 30 minutes or until well risen and golden brown.
- Combine the water, yeast, and honey and let sit for 5 minutes or until the mixture is foamy.
- Add the flour and the salt and mix until well combined and a dough is formed. If the dough is too sticky, add a little more flour.
- Turn out onto a lightly floured surface and knead until the dough is smooth, about 5 minutes.
- Place in an oiled bowl, cover, and let rise until doubled in a warm, draft-free spot, about 45 minutes to 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:42.73, Glycemic Load:82, Inflammation Score:-6, Nutrition Score:20.7317392013%

## Flavonoids

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: 674.77kcal (33.74%), Fat: 15.81g (24.32%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 124.2g (41.4%), Net Carbohydrates: 115.45g (41.98%), Sugar: 31.42g (34.91%), Cholesterol: 0mg (0%), Sodium: 589.01mg (25.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.78%), Manganese: 3.63mg (181.58%), Vitamin B1: 0.86mg (57.62%), Folate: 201.96µg (50.49%), Selenium: 32.07µg (45.82%), Fiber: 8.75g (35%), Vitamin B2: 0.52mg (30.38%), Vitamin B3: 6.01mg (30.04%), Iron: 4.88mg (27.11%), Copper: 0.33mg (16.66%), Phosphorus: 145.11mg (14.51%), Vitamin E: 2.07mg (13.81%), Potassium: 421.03mg (12.03%), Magnesium: 43.1mg (10.77%), Vitamin K: 8.71µg (8.3%), Calcium: 73.12mg (7.31%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.57mg (5.71%), Vitamin B6: 0.06mg (2.98%), Vitamin A: 101.3IU (2.03%)