



## Speedy Focaccia with Fennel and Thyme

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

### Ingredients

- 0.1 teaspoon pepper black
- 1 pound bread dough white frozen
- 0.5 teaspoon thyme leaves dried
- 0.8 cup fennel bulb chopped
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil divided

### Equipment

- bowl
- frying pan

- baking sheet
- oven
- wire rack
- plastic wrap
- microwave

## Directions

- Heat 2 teaspoons oil in a small skillet over medium-high heat.
- Add fennel; saut 3 minutes or until golden brown.
- Cover bread dough loosely with plastic wrap. Microwave at MEDIUM-LOW (30% power) 6 minutes or until dough is completely thawed, turning dough over every 2 minutes.
- Let stand, covered, 3 minutes.
- Preheat oven to 37
- Place dough on a lightly floured surface; pat to a 1/2-inch thickness.
- Combine fennel, thyme, and pepper; sprinkle over dough. Knead 1 minute or just until fennel mixture is incorporated into dough.
- Place dough in a large microwave-safe bowl; cover loosely with plastic wrap.
- Place bowl in microwave; place a small bowl of warm water beside large bowl. Microwave again at MEDIUM-LOW 2 minutes; let rest 3 minutes. Microwave at MEDIUM-LOW 3 minutes. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- Let dough rest 9 minutes.
- Pat dough into an 8-inch round; place on a baking sheet coated with cooking spray.
- Brush with 1 teaspoon oil, and sprinkle with salt.
- Bake at 375 for 25 minutes or until lightly browned.
- Remove from pan. Cool slightly on a wire rack.
- Cut into 8 wedges.

## Nutrition Facts



## Properties

Glycemic Index:9.63, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.97869564139325%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 162.69kcal (8.13%), Fat: 3.43g (5.28%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 25.93g (9.43%), Sugar: 0.32g (0.36%), Cholesterol: 0mg (0%), Sodium: 343.65mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin K: 7.3µg (6.95%), Fiber: 1.39g (5.56%), Vitamin E: 0.3mg (2.03%), Manganese: 0.02mg (1.23%), Vitamin C: 1.01mg (1.22%)