



## Sun Dried Tomato Focaccia

READY IN



45 min.

SERVINGS



6

CALORIES



446 kcal

### Ingredients

- 2 teaspoons active yeast dry
- 3 cups bread flour
- 2 teaspoons rosemary dried crushed
- 1 teaspoon garlic salt
- 3 tablespoons butter
- 2 tablespoons milk powder dry
- 2 tablespoons olive oil
- 2 tablespoons parmesan cheese
- 1 teaspoon salt
- 1 cup mozzarella cheese shredded

- 0.5 cup sun-dried tomatoes chopped
- 1 cup water
- 3.5 tablespoons sugar white

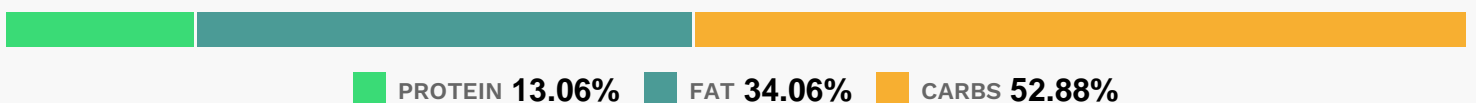
## Equipment

- bowl
- frying pan
- oven
- baking pan
- bread machine

## Directions

- Place water, flour, powdered milk, sugar, salt, butter or margarine, tomatoes, and yeast into bread machine in the order suggested by the manufacturer. Set to Dough cycle, and start the machine. Dough will be 1/2 pound.
- When the bread machine has finished the Dough cycle, take the dough out. Knead for 1 minute by hand.
- Place in an oiled bowl, and turn a few times to coat the surface of the dough. Cover with a damp cloth, and let rise for 15 minutes in a warm place.
- Dust a 10 x 15 inch baking tray with cornmeal.
- Roll out dough to fit the pan. Make indentations in the dough with your finger tips.
- Brush top surface with oil, and cover with a damp cloth. Allow to rise for 30 minutes.
- Sprinkle with parmesan, rosemary, garlic salt, and mozzarella.
- Bake at 400 degree F (205 degrees C) for 15 minutes, or until nicely browned. Cool slightly, and cut into squares for serving.

## Nutrition Facts



## Properties

Glycemic Index:56.02, Glycemic Load:36.01, Inflammation Score:-6, Nutrition Score:12.214347849721%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 446.22kcal (22.31%), Fat: 16.99g (26.14%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 59.35g (19.78%), Net Carbohydrates: 56.43g (20.52%), Sugar: 11.79g (13.1%), Cholesterol: 18.31mg (6.1%), Sodium: 1007.92mg (43.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.31%), Selenium: 29.4µg (42%), Manganese: 0.68mg (33.86%), Phosphorus: 198.54mg (19.85%), Calcium: 160.88mg (16.09%), Vitamin B1: 0.23mg (15.11%), Folate: 53.64µg (13.41%), Copper: 0.26mg (13.03%), Vitamin B2: 0.22mg (12.72%), Potassium: 439.4mg (12.55%), Fiber: 2.92g (11.68%), Magnesium: 41.26mg (10.31%), Vitamin A: 495.35IU (9.91%), Zinc: 1.48mg (9.85%), Vitamin B3: 1.91mg (9.57%), Vitamin B12: 0.53µg (8.91%), Iron: 1.57mg (8.73%), Vitamin E: 1.19mg (7.96%), Vitamin K: 7.46µg (7.1%), Vitamin B5: 0.7mg (7.02%), Vitamin C: 3.85mg (4.66%), Vitamin B6: 0.09mg (4.31%), Vitamin D: 0.35µg (2.3%)