



Toasted Hazelnut Focaccia

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



201 kcal

BREAD

Ingredients

- 2.3 teaspoons yeast dry
- 1 large egg whites
- 3.8 cups flour all-purpose divided
- 0.5 cup golden raisins
- 0.1 teaspoon nutmeg
- 1 tablespoon hazelnut oil divided toasted
- 1 tablespoon hazelnut oil toasted
- 0.3 cup hazelnuts chopped

- 1.5 teaspoons kosher salt divided
- 1 teaspoon sugar
- 1 teaspoon water
- 1.3 cups water divided (100° to 110°)

Equipment

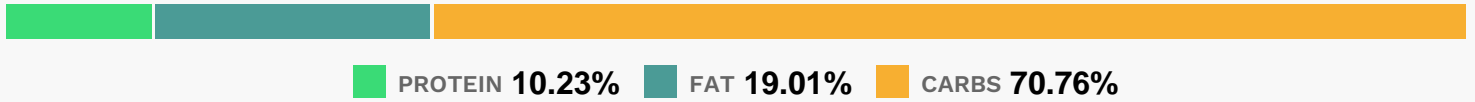
- bowl
- oven
- knife
- whisk
- baking pan
- wooden spoon
- measuring cup

Directions

- Combine 1/2 cup water, sugar, and yeast in a large bowl, stirring with a whisk; let stand 10 minutes.
- Add remaining 3/4 cup water and 1 tablespoon hazelnut oil, stirring with a whisk. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 1 cup flour, 1 teaspoon salt, and ground nutmeg, stirring to combine. Stir in 2 1/2 cups flour. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent the dough from sticking to hands (dough will feel tacky). Arrange raisins over dough, and gently knead 4 to 5 times or just until the raisins are incorporated into dough.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Turn dough out into a 13 x 9-inch baking dish coated with cooking spray; gently stretch dough to edges of dish. Cover and let rise in a warm place (85), free from drafts, for 30 minutes or until doubled in size.
- Preheat oven to 40

- Uncover dough. Make indentations in top of dough using the handle of a wooden spoon or your fingertips.
- Combine 1 teaspoon water and egg white; brush lightly over dough.
- Sprinkle with nuts. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.
- Uncover dough, and drizzle with 2 teaspoons hazelnut oil.
- Sprinkle dough with remaining 1/2 teaspoon salt.
- Bake at 400 for 24 minutes or until golden.
- Drizzle bread with the remaining 1 teaspoon hazelnut oil; let cool slightly.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:24.41, Inflammation Score:-4, Nutrition Score:7.6647825862241%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 200.89kcal (10.04%), Fat: 4.26g (6.55%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 33.93g (12.34%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 298.31mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin B1: 0.39mg (25.84%), Manganese: 0.44mg (22.14%), Folate: 88.27µg (22.07%), Selenium: 13.94µg (19.92%), Vitamin B2: 0.24mg (14.28%), Vitamin B3: 2.66mg (13.29%), Iron: 2.06mg (11.42%), Vitamin E: 1.48mg (9.84%), Fiber: 1.7g (6.8%), Copper: 0.13mg (6.44%), Phosphorus: 60.56mg (6.06%), Magnesium: 15.7mg (3.92%), Potassium: 114.06mg (3.26%), Vitamin B6: 0.06mg (2.98%), Vitamin B5: 0.29mg (2.86%), Zinc: 0.4mg (2.7%), Calcium: 13.25mg (1.33%)