



Tomato Focaccia

 Vegetarian  Vegan  Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



297 kcal

Ingredients

- 3 teaspoons yeast dry (from two)
- 4.3 cups flour divided
- 0.5 cup olive oil extra virgin extra-virgin divided
- 0.3 teaspoon oregano dried
- 0.5 pound plum tomatoes thinly sliced
- 1 tablespoon sea salt divided fine
- 0.5 teaspoon sugar
- 1 cup water (105-115°F)
- 0.5 pound yukon gold potatoes peeled quartered

Equipment

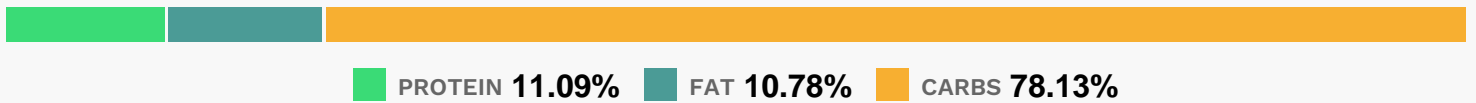
- bowl
- frying pan
- sauce pan
- oven
- blender
- plastic wrap
- baking pan
- aluminum foil
- kitchen towels
- spatula

Directions

- Generously cover potato with salted cold water (1 teaspoon salt for 3 cups water) in a small heavy saucepan and simmer, uncovered, until just tender, 10 to 15 minutes.
- Drain and cool slightly, then mash until smooth.
- Stir together warm water and sugar in bowl of mixer.
- Sprinkle yeast over mixture and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- Add potato and 1/4 cup oil to yeast and beat with paddle attachment at medium speed until combined, about 2 minutes.
- Remove paddle attachment and attach dough hook, then beat in 4 cups flour and 1 tablespoon sea salt at medium-high speed until combined well, about 3 minutes. (Dough will be very soft and sticky.)
- Transfer to a well-floured surface and knead in remaining 1/4 cup flour with lightly floured hands until smooth and elastic, 8 to 10 minutes. (Dough will still be very soft and sticky.)
- Scrape dough into a lightly oiled large bowl and cover bowl with oiled plastic wrap.
- Let dough rise in a draft-free place at warm room temperature until doubled, 2 to 2 1/2 hours. Generously oil a 15- by 10- by 1-inch baking pan.

- Punch down dough (do not knead) and transfer to baking pan, then gently stretch to cover as much of bottom as possible (dough may not fit exactly).
- Cover dough with oiled plastic wrap and a kitchen towel and let rise in a draft-free place at warm room temperature until doubled, 1 to 1 1/2 hours.
- Preheat oven to 425°F with rack in lower third.
- Arrange tomatoes on focaccia (do not overlap), then sprinkle with oregano and remaining 1/4 teaspoon sea salt and drizzle with remaining 1/4 cup oil.
- Bake until center is firm, top is pale golden, and underside is golden (lift to check), 20 to 25 minutes.
- Loosen focaccia from pan with a spatula and slide onto a rack to cool slightly.
- Cut into pieces and serve warm or at room temperature.
- Focaccia is best eaten the day it is made but can be baked 1 day ahead and kept, wrapped in foil, in a sealed bag at room temperature. If desired, reheat, uncovered, in a 350°F oven until just heated through, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:33.98, Glycemic Load:40.75, Inflammation Score:-7, Nutrition Score:13.03347802721%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 297.44kcal (14.87%), Fat: 3.53g (5.42%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 54.41g (19.78%), Sugar: 1.4g (1.55%), Cholesterol: 0mg (0%), Sodium: 878.65mg (38.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Vitamin B1: 0.68mg (45.53%), Folate: 157.76µg (39.44%), Selenium: 22.7µg (32.42%), Manganese: 0.54mg (26.88%), Vitamin B3: 4.86mg (24.3%), Vitamin B2: 0.39mg (22.91%), Iron: 3.45mg (19.17%), Fiber: 3.1g (12.39%), Vitamin C: 9.47mg (11.48%), Phosphorus: 102.21mg (10.22%), Potassium: 269.74mg (7.71%), Copper: 0.15mg (7.69%), Vitamin B6: 0.15mg (7.68%), Magnesium: 25.37mg (6.34%),

Vitamin B5: 0.56mg (5.58%), Vitamin A: 237.78IU (4.76%), Vitamin K: 5µg (4.76%), Zinc: 0.69mg (4.63%), Vitamin E: 0.6mg (3.97%), Calcium: 19mg (1.9%)