



## Vegan Focaccia Bread with Garlic & Rosemary



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



204 kcal

BREAD

### Ingredients

- ☐ 1 package active yeast dry
- ☐ 1 cup warm water
- ☐ 1 tablespoon natural granulated sugar
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 cups flour whole wheat
- ☐ 1 cup unbleached flour white
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon garlic fresh minced

- ☐ 8 servings coarse salt
- ☐ 8 servings rosemary dried fresh (or your herb)

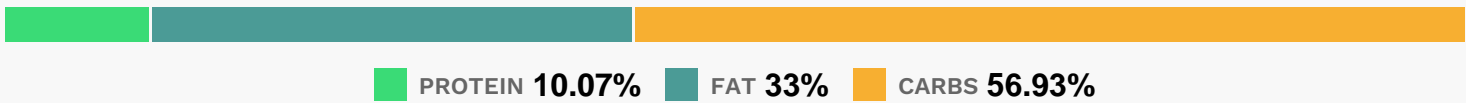
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ kitchen towels

## Directions

- ☐ Pour the yeast into the warm water and let stand to dissolve for 5 to 10 minutes. Stir in the sugar and two tablespoons of the oil.
- ☐ In a large mixing bowl, combine the flours and salt. Work the yeast mixture in using your hands, then turn out onto a well-floured board.
- ☐ Knead for 5 minutes, adding additional flour if the dough is too sticky. Shape into a round and roll out into a circle with a 12-inch diameter.
- ☐ Place on an oiled and floured baking sheet, cover with a tea towel, and let rise in a warm place for 30 to 40 minutes.
- ☐ Preheat your oven to 400°F.
- ☐ When the dough has finished rising, press shallow holes into its surface with your fingers, at even intervals.
- ☐ Sprinkle the remaining 2 tablespoons of olive oil over the top evenly, followed by the garlic, coarse salt, and herbs.
- ☐ Bake the focaccia for 20 to 25 minutes, or until the bread is golden on top and sounds hollow when tapped.
- ☐ Serve warm, cut into wedges, or just have everyone break off pieces.

## Nutrition Facts



## Properties

Glycemic Index:20.89, Glycemic Load:8.48, Inflammation Score:-4, Nutrition Score:8.6313043111206%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 203.99kcal (10.2%), Fat: 7.71g (11.86%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 26.74g (9.72%), Sugar: 1.65g (1.83%), Cholesterol: 0mg (0%), Sodium: 487.74mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Manganese: 1.07mg (53.46%), Selenium: 20.33µg (29.04%), Vitamin B1: 0.22mg (14.94%), Fiber: 3.18g (12.72%), Phosphorus: 103.25mg (10.32%), Magnesium: 36.67mg (9.17%), Folate: 36.65µg (9.16%), Vitamin B3: 1.64mg (8.2%), Vitamin E: 1.2mg (7.97%), Copper: 0.14mg (6.79%), Vitamin B6: 0.13mg (6.31%), Iron: 1.1mg (6.09%), Zinc: 0.81mg (5.42%), Vitamin B2: 0.08mg (4.96%), Vitamin K: 4.56µg (4.34%), Vitamin B5: 0.34mg (3.36%), Potassium: 116.54mg (3.33%), Calcium: 16.51mg (1.65%)