



Bread Machine Pesto-Pine Nut Bread

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



220 min.

SERVINGS



12

CALORIES



108 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1.3 teaspoons yeast dry quick
- 0.3 cup basil pesto
- 0.3 cup pinenuts
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 cup water
- 2 tablespoons yukon gold potatoes for flour
- 3 cups yukon gold potatoes for flour

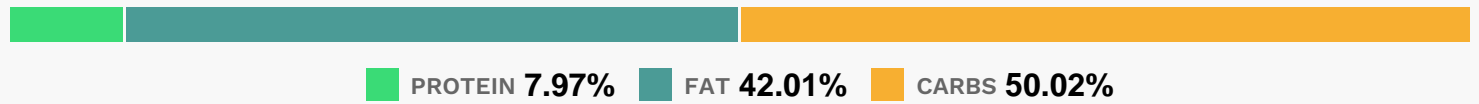
Equipment

- bowl
- frying pan
- wire rack
- bread machine

Directions

- Measure carefully, placing all bread ingredients in bread machine pan in the order recommended by the manufacturer.
- Select Basic/White cycle. Use Medium or Light crust color. Do not use Delay cycle.
- In small bowl, mix pesto and 2 tablespoons flour until well blended. Stir in pine nuts.
- Add filling at the Raisin/Nut signal or 5 minutes before the last kneading cycle ends.
- Remove baked bread from pan. Cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:9.28, Inflammation Score:-3, Nutrition Score:5.0799999599871%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 108.09kcal (5.4%), Fat: 5.2g (8%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 12.24g (4.45%), Sugar: 2.83g (3.15%), Cholesterol: 0.55mg (0.18%), Sodium: 263.14mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Manganese: 0.43mg (21.3%), Vitamin C: 12.17mg (14.75%), Vitamin B6: 0.19mg (9.51%), Potassium: 284.95mg (8.14%), Fiber: 1.69g (6.77%), Vitamin B1: 0.1mg (6.57%), Copper: 0.12mg (6.04%), Magnesium: 23.96mg (5.99%), Phosphorus: 58.75mg (5.87%), Vitamin B3: 0.94mg (4.72%), Folate: 18.72µg (4.68%), Iron: 0.74mg (4.1%), Vitamin K: 3.19µg (3.04%), Zinc: 0.45mg (2.99%), Vitamin A: 141.2IU (2.82%), Vitamin B2: 0.04mg (2.45%), Vitamin B5: 0.24mg (2.38%), Vitamin E: 0.36mg (2.37%), Calcium: 19.91mg (1.99%)