



French in a Flash: Allumettes with Pistou



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 4 cups basil
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 clove garlic
- ☐ 0.3 cup pinenuts toasted
- ☐ 14 servings salt and pepper black

Equipment

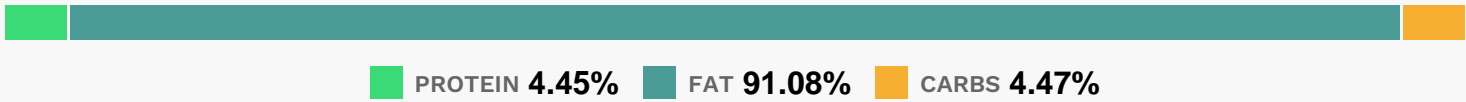
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Place pizza dough in large bowl lightly greased with olive oil. Cover with damp paper towel (not touching dough), and cover that with dry kitchen towel. Allow to sit in warm place and proof for 2 hours.
- ☐ Adjust oven rack to middle position and preheat oven to 425°F. Make pistou by pulsing garlic in food processor until finely chopped.
- ☐ Add basil and pine nuts and pulse until finely chopped. With machine running, stream in olive oil. Scrape down sides, and pulse again to incorporate. Season mixture with salt and pepper, and add cheese. Pulse to combine. There should be 3/4 cup of pistou. Spoon into small bowl, and set aside.
- ☐ Roll out dough on floured surface into 16-inch by 7-inch rectangle.
- ☐ Spread 1/4 cup pistou over one side of dough.
- ☐ Cut dough into long 1/2-inch strands. Twist several times and place on 2 parchment lined baking sheets. Lightly brush tops of allumettes with olive oil.
- ☐ Bake 20 to 25 minutes, rotating pans in oven, until golden and crisp. Cool on rack.
- ☐ Serve in jam jars.

Nutrition Facts



Properties

Glycemic Index:7.14, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:3.7365217591109%

Nutrients (% of daily need)

Calories: 57.63kcal (2.88%), Fat: 6.1g (9.39%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.14g (0.15%), Cholesterol: 0mg (0%), Sodium: 194.24mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 32.52µg (30.97%), Manganese: 0.37mg (18.29%),

Vitamin A: 362.67IU (7.25%), Vitamin E: 0.91mg (6.07%), Copper: 0.07mg (3.48%), Magnesium: 12.52mg (3.13%), Iron: 0.42mg (2.34%), Phosphorus: 22.65mg (2.27%), Zinc: 0.27mg (1.77%), Vitamin C: 1.33mg (1.61%), Folate: 5.76µg (1.44%), Calcium: 13.2mg (1.32%), Potassium: 40.36mg (1.15%), Vitamin B3: 0.2mg (1.02%)