



Jeff's Perfect Pesto-and-Herb Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



116 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3.3 cups bread flour
- ☐ 1.5 teaspoons bread machine yeast
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon parsley flakes dried
- ☐ 1.5 teaspoons garlic powder
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 2 tablespoons commercial pesto
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 1 cup water

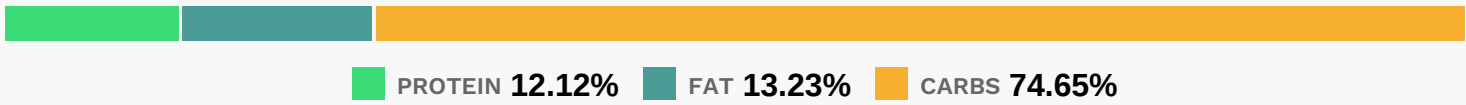
Equipment

- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ measuring cup
- ☐ bread machine

Directions

- ☐ Lightly spoon bread flour into dry measuring cups; level with a knife. Follow the manufacturer's instructions for placing flour and remaining ingredients into the bread pan. Select the European bake cycle, and start the bread machine.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:13.51, Inflammation Score:-2, Nutrition Score:3.006956524823%

Flavonoids

Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg

Nutrients (% of daily need)

Calories: 116.08kcal (5.8%), Fat: 1.69g (2.6%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 20.58g (7.48%), Sugar: 2.5g (2.78%), Cholesterol: 0.24mg (0.08%), Sodium: 129.6mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Selenium: 10.26µg (14.66%), Manganese: 0.23mg (11.52%), Folate: 20.08µg (5.02%), Vitamin B1: 0.07mg (4.93%), Vitamin K: 3.93µg (3.74%), Fiber: 0.9g (3.6%), Phosphorus: 31.57mg (3.16%), Copper: 0.06mg (2.77%), Vitamin B2: 0.04mg (2.44%), Vitamin B3: 0.47mg (2.33%),

Iron: 0.4mg (2.22%), Magnesium: 8.47mg (2.12%), Zinc: 0.29mg (1.9%), Vitamin B5: 0.19mg (1.85%), Calcium: 14.91mg (1.49%), Vitamin E: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.27%), Potassium: 42.79mg (1.22%)