



Light Pesto Bread

READY IN



30 min.

SERVINGS



30

CALORIES



114 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 packages active yeast dry
- ☐ 0.3 cup bread flour divided
- ☐ 5.5 cups bread flour divided
- ☐ 1 egg white lightly beaten
- ☐ 2 cloves garlic halved
- ☐ 2 green onions cut into 2-inch pieces
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 0.5 cup parmesan cheese divided grated
- ☐ 1 cup tightly parsley fresh packed

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2.3 teaspoons salt divided
- ☐ 1 tablespoon sugar
- ☐ 2 cups very warm water (120° to 130°)

Equipment

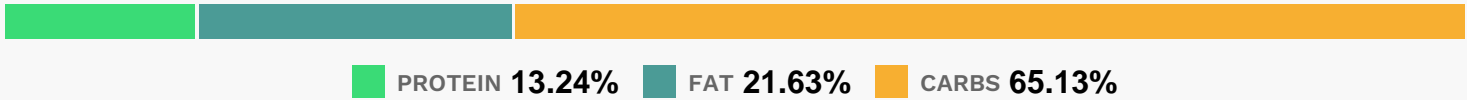
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Combine 2 cups flour, sugar, 1 3/4 teaspoons salt, and yeast; stir.
- ☐ Add water and 2 tablespoons oil, beating at low speed of an electric mixer until blended. Beat 2 minutes at medium speed. Stir in enough of the remaining 3 1/2 cups flour to make a soft dough.
- ☐ Sprinkle 1/4 cup flour over work surface. Turn dough out; knead until smooth and elastic (about 10 minutes).
- ☐ Place in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled.
- ☐ Position knife blade in food processor bowl, and add parsley, onions, and garlic. Process 20 seconds.
- ☐ Add remaining 1/2 teaspoon salt, 2 tablespoons oil, and pepper; process 15 seconds.
- ☐ Punch dough down; divide in half.
- ☐ Sprinkle 1 tablespoon flour over work surface.
- ☐ Roll 1 portion into a 16- x 10-inch rectangle.
- ☐ Spread half of parsley mixture over dough, leaving a 1-inch border; sprinkle with 1/4 cup cheese.

- ☐ Roll up dough, starting at long side. Pinch seam and ends to seal. Repeat procedure.
- ☐ Place loaves, seam side down, on a baking sheet coated with cooking spray. Make 1/4-inch-deep slits in each loaf. Cover and let rise in a warm place, free from drafts, 35 minutes or until doubled.
- ☐ Brush with egg white.
- ☐ Bake at 375 for 30 minutes or until loaves sound hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:11.59, Inflammation Score:-2, Nutrition Score:4.6813043859666%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 114.31kcal (5.72%), Fat: 2.72g (4.19%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 17.65g (6.42%), Sugar: 0.52g (0.58%), Cholesterol: 1.45mg (0.48%), Sodium: 208.07mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin K: 35.67µg (33.97%), Selenium: 10.37µg (14.82%), Manganese: 0.2mg (10.16%), Folate: 22.53µg (5.63%), Vitamin B1: 0.07mg (4.9%), Phosphorus: 38.72mg (3.87%), Vitamin A: 191.46IU (3.83%), Vitamin C: 2.87mg (3.48%), Fiber: 0.8g (3.18%), Vitamin B2: 0.05mg (2.71%), Copper: 0.05mg (2.68%), Vitamin E: 0.38mg (2.56%), Vitamin B3: 0.46mg (2.31%), Calcium: 22.91mg (2.29%), Zinc: 0.34mg (2.28%), Iron: 0.39mg (2.15%), Magnesium: 8.34mg (2.08%), Vitamin B5: 0.19mg (1.85%), Potassium: 47.49mg (1.36%), Vitamin B6: 0.02mg (1.1%)