

Pesto Baguettes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



151 kcal

Ingredients

- 3 cups bread flour
- 1 tablespoon basil dried
- 1 tablespoon freeze-dried chives
- 1 package yeast dry
- 1 teaspoon garlic powder
- 2 tablespoons nonfat milk dry
- 1 tablespoon oregano dried
- 1 teaspoon salt
- 1 tablespoon sugar

- 1 cup warm water (105° to 115°)

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack

Directions

- Dissolve yeast and sugar in warm water in a 2-cup glass measure, and let stand 5 minutes.
- Place flour and next 6 ingredients (flour through salt) in a food processor, and pulse 5 times. With processor on, slowly add yeast mixture through food chute, and process until dough forms a ball. Process dough 1 additional minute. (Dough will be sticky). Turn dough out onto a lightly floured surface, and knead lightly 4 to 5 times.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour and 15 minutes or until doubled in bulk. Punch dough down; roll dough into a 15 x 10-inch rectangle on a lightly floured surface.
- Cut dough into 4 (15 x 2 1/2-inch) strips.
- Roll up each strip tightly, starting with long edge and pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- Place rolls, seam sides down, on a large baking sheet coated with cooking spray. Cover and let rise 35 minutes or until doubled in bulk.
- Preheat oven to 37
- Uncover dough.
- Bake at 375 for 15 minutes or until loaves sound hollow when tapped.
- Remove from pan, and let cool on a wire rack.
- Cut each loaf diagonally into 3/4-inch slices.

Nutrition Facts



■ PROTEIN 14.74% ■ FAT 4.4% ■ CARBS 80.86%

Properties

Glycemic Index:14.71, Glycemic Load:18.47, Inflammation Score:-5, Nutrition Score:5.2560870517855%

Nutrients (% of daily need)

Calories: 151.01kcal (7.55%), Fat: 0.73g (1.13%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 28.75g (10.45%), Sugar: 2.13g (2.36%), Cholesterol: 0.3mg (0.1%), Sodium: 243.5mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Selenium: 15.47µg (22.1%), Manganese: 0.37mg (18.37%), Vitamin K: 10.08µg (9.6%), Folate: 32.09µg (8.02%), Vitamin B1: 0.12mg (7.73%), Fiber: 1.48g (5.94%), Phosphorus: 58.54mg (5.85%), Iron: 0.92mg (5.13%), Vitamin B2: 0.08mg (4.83%), Copper: 0.09mg (4.46%), Calcium: 42.95mg (4.29%), Magnesium: 16.2mg (4.05%), Vitamin B3: 0.72mg (3.59%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.32mg (3.23%), Potassium: 92.1mg (2.63%), Vitamin B6: 0.05mg (2.29%), Vitamin E: 0.29mg (1.91%), Vitamin A: 58.58IU (1.17%), Vitamin D: 0.17µg (1.1%), Vitamin B12: 0.06µg (1.02%)