



## Zesty Pesto-Tomato Baguettes

READY IN



155 min.

SERVINGS



16

CALORIES



130 kcal

### Ingredients

- ☐ 3 cups flour all-purpose for flour or gold flour
- ☐ 2 tablespoons sugar
- ☐ 1.5 teaspoons salt
- ☐ 1 package yeast dry
- ☐ 1 cup water (120°F to 130°F)
- ☐ 0.3 cup basil pesto
- ☐ 0.3 cup sun-dried olives packed in oil), drained coarsely chopped
- ☐ 1 eggs beaten
- ☐ 1 serving parmesan shredded

# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack

# Directions

- ☐ In large bowl, mix 1 cup of the flour, the sugar, salt and yeast. Stir in water until blended. Stir in pesto and tomatoes. Stir in enough remaining flour to make dough easy to handle.
- ☐ Place dough on lightly floured surface; gently roll in flour to coat. Knead about 8 minutes or until smooth and springy. Grease large bowl with shortening or cooking spray.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover; let rise in warm place about 1 hour or until dough has doubled in size. (If using fast-acting yeast, do not let rise 1 hour; cover and let rest on floured surface 10 minutes.)
- ☐ Grease large cookie sheet with shortening or cooking spray. On lightly floured surface, roll dough into 16x12-inch rectangle.
- ☐ Cut dough crosswise in half. Beginning at 12-inch side, roll up each half of dough tightly. Pinch edge of dough into roll to seal. Taper ends slightly.
- ☐ Place loaves 3 inches apart on cookie sheet. Make 3 or 4 diagonal slashes, 1/4 inch deep, across tops of loaves with sharp knife. Cover; let rise in warm place 30 to 40 minutes or until double.
- ☐ Heat oven to 375°F.
- ☐ Brush egg over tops of loaves.
- ☐ Sprinkle with cheese.
- ☐ Bake 20 to 25 minutes or until golden brown.
- ☐ Remove from cookie sheet to cooling rack; cool.

# Nutrition Facts



PROTEIN 12.98%

FAT 20.88%

CARBS 66.14%

Properties

Glycemic Index:12.63, Glycemic Load:14.3, Inflammation Score:-3, Nutrition Score:5.0865216851234%

Nutrients (% of daily need)

Calories: 129.7kcal (6.48%), Fat: 2.99g (4.61%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 20.22g (7.35%), Sugar: 2.61g (2.9%), Cholesterol: 11.92mg (3.97%), Sodium: 304.16mg (13.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Vitamin B1: 0.25mg (16.4%), Folate: 56.11µg (14.03%), Selenium: 9.38µg (13.4%), Manganese: 0.21mg (10.26%), Vitamin B2: 0.16mg (9.62%), Vitamin B3: 1.77mg (8.87%), Iron: 1.4mg (7.79%), Phosphorus: 54.72mg (5.47%), Fiber: 1.12g (4.46%), Calcium: 38.82mg (3.88%), Copper: 0.07mg (3.67%), Potassium: 113.46mg (3.24%), Vitamin A: 153.68IU (3.07%), Magnesium: 11.15mg (2.79%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.33mg (2.22%), Vitamin B6: 0.03mg (1.54%), Vitamin C: 0.9mg (1.09%), Vitamin K: 1.1µg (1.05%)