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Vegan Basil Pesto Bread ♦

This vegan basil pesto bread is a delicious and healthy option for those following a plant-based diet. It combines the flavors of fresh basil, garlic, and pine nuts to create a flavorful and aromatic bread. The bread is perfect for snacking or as an accompaniment to soups and salads. It is also great for sandwiches or toast.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

400 g	All-Purpose Flour
100 g	basil leaves
2 cloves	garlic cloves
50 g	Pine Nuts

100 ml	olive oil
200 ml	Water
1 tsp	Salt
7 g	Yeast

Directions

Step 1

Blending

In a food processor, combine basil leaves, garlic cloves, pine nuts, and olive oil. Blend until smooth to make the pesto.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large mixing bowl, combine flour, salt, and yeast. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the pesto and water to the dry ingredients. Mix until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Kneading

Knead the dough on a lightly floured surface for about 10 minutes, until smooth and elastic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Resting

Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1 hour, or until doubled in size.

Prep Time: 60 mins

Cook Time: 0 mins

Step 6

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Shaping

Punch down the dough to remove any air bubbles. Shape it into a loaf and place it in a greased loaf pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake in the preheated oven for about 40 minutes, or until the bread is golden brown and sounds hollow when tapped on the bottom.

Prep Time: 0 mins

Cook Time: 40 mins

Step 9

Cooling

Remove the bread from the pan and let it cool on a wire rack before slicing.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Chinese Mexican Mediterranean

Course

Drinks Breads Salads Snacks Sauces & Dressings

Demographics

Lactation Friendly Diabetic Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Pescatarian Diet

Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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