



 **74%**
HEALTH SCORE

Ancient Grains Bread

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



14

CALORIES



285 kcal

BREAD

Ingredients

- 1 package yeast instant
- 2.3 cups flour
- 1 cup flour whole wheat
- 1 cup rye flakes
- 3 tablespoons ground flaxseed
- 3 tablespoons amaranth grain
- 1 cup quinoa
- 0.3 cup soy flour

- 1.5 tablespoons vital wheat gluten
- 1 cup skim milk powder
- 0.5 teaspoon salt
- 1 cups water
- 0.3 cup honey

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- loaf pan
- stand mixer

Directions

- In a large bowl or stand mixer, whisk together yeast, flours, rye flakes, flaxseed, amaranth, quinoa, soy flour, wheat gluten, skim milk powder and salt.
- Stir in warm water and honey, mixing thoroughly to form a cohesive, fairly firm (but workable) dough.
- Turn out onto a floured board or knead with the dough hook for 12 minutes, until very elastic and smooth.
- Place into a bowl, cover and allow to rest 30 minutes.
- Roll rested dough into a log shape and tuck into a greased loaf pan.
- Cover with a clean towel and allow to rise 50-60 minutes.
- Preheat oven to 350F.
- Slash the top of the loaf 2-3 times with a sharp knife or lame.
- Bake 40 minutes. Turn out of pan immediately and cool on a rack before slicing

Nutrition Facts



■ PROTEIN 17.35% ■ FAT 9.19% ■ CARBS 73.46%

Properties

Glycemic Index:13.88, Glycemic Load:14.35, Inflammation Score:-7, Nutrition Score:19.343043478261%

Taste

Sweetness: 100%, Saltiness: 60.61%, Sourness: 29.66%, Bitterness: 35.89%, Savoriness: 28.79%, Fattiness: 39.74%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 284.82kcal (14.24%), Fat: 2.99g (4.61%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 53.89g (17.96%), Net Carbohydrates: 46.79g (17.02%), Sugar: 9.91g (11.01%), Cholesterol: 1.71mg (0.57%), Sodium: 132.72mg (5.77%), Protein: 12.73g (25.46%), Manganese: 2.06mg (103.07%), Selenium: 25.69µg (36.7%), Phosphorus: 340.66mg (34.07%), Magnesium: 114.54mg (28.64%), Fiber: 7.09g (28.38%), Vitamin B1: 0.43mg (28.37%), Folate: 92.32µg (23.08%), Vitamin B2: 0.39mg (22.93%), Iron: 3.45mg (19.15%), Copper: 0.36mg (17.99%), Vitamin B3: 3.18mg (15.88%), Zinc: 2.33mg (15.56%), Calcium: 144.52mg (14.45%), Potassium: 485.26mg (13.86%), Vitamin B6: 0.25mg (12.27%), Vitamin B5: 0.96mg (9.57%), Vitamin D: 0.94µg (6.29%), Vitamin B12: 0.35µg (5.76%), Vitamin E: 0.69mg (4.58%), Vitamin A: 193.57IU (3.87%), Vitamin K: 2.7µg (2.57%)