

Country Seed Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



56 kcal

BREAD

Ingredients

- 1.3 teaspoons yeast dry
- 1.3 cups bread flour
- 4 teaspoons canola oil
- 3 tablespoons flaxseeds
- 4 teaspoons honey
- 2 teaspoons poppy seeds
- 0.5 teaspoon salt
- 4 teaspoons sesame seed

- 0.8 cup water
- 0.7 cup flour whole wheat

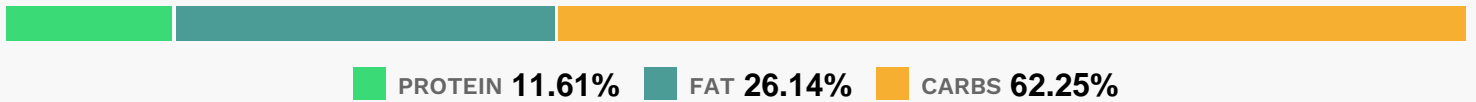
Equipment

- baking sheet
- oven
- bread machine

Directions

- Toast seeds on a baking sheet in a 350 degree F (175 degree C) oven for 4 minutes; let cool completely. This step is optional. The seeds can be added untoasted.
- Place ingredients in the bread machine pan in the order suggested by the manufacturer.
- Select Basic bread cycle, and Start.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:3.79, Inflammation Score:-1, Nutrition Score:2.310869547255%

Nutrients (% of daily need)

Calories: 56.27kcal (2.81%), Fat: 1.67g (2.58%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 7.98g (2.9%), Sugar: 1.02g (1.13%), Cholesterol: 0mg (0%), Sodium: 49.63mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Manganese: 0.25mg (12.41%), Selenium: 5.31µg (7.58%), Vitamin B1: 0.07mg (4.36%), Fiber: 1g (3.99%), Magnesium: 13.43mg (3.36%), Phosphorus: 32.01mg (3.2%), Copper: 0.06mg (3.08%), Folate: 9.19µg (2.3%), Iron: 0.34mg (1.87%), Vitamin B3: 0.36mg (1.79%), Zinc: 0.26mg (1.75%), Vitamin B6: 0.03mg (1.4%), Calcium: 12.58mg (1.26%), Vitamin E: 0.18mg (1.18%), Vitamin B2: 0.02mg (1.16%)