



Easy seed & grain loaf



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 500 g grain flour mixed
- ☐ 1 tbsp sesame and poppy seeds for topping
- ☐ 1 sachet fast-action yeast
- ☐ 1 tsp salt
- ☐ 300 ml hand-hot water
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp clear honey

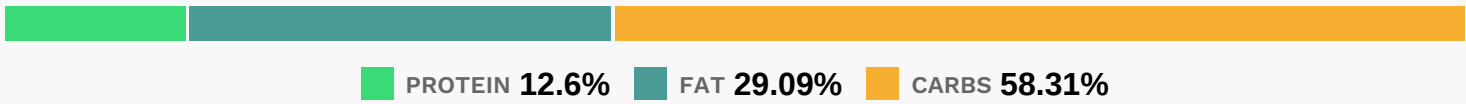
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ kitchen towels

Directions

- ☐ Tip the flour, seeds, yeast and salt into a large bowl.
- ☐ Mix the water, oil and honey in a jug, then pour into the dry mix, stirring all the time to make a soft dough. If it feels sticky, sprinkle in a little more flour.
- ☐ Turn the dough out onto a lightly floured surface and knead for 5 mins, until the dough no longer feels sticky, sprinkling with a little more flour as you need it.
- ☐ Oil a 1.2-litre loaf tin and put the dough in the tin, pressing it in evenly. Cover with a tea towel and leave to rise for 1 hr, until it springs back when you press it with your finger.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Make eight slashes across the top of the loaf, brush with water and sprinkle alternately with poppy and sesame seeds.
- ☐ Bake for 30–35 mins until the loaf is risen and brown. Tip it out onto a cooling rack and leave to cool.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:13.860869533261%

Nutrients (% of daily need)

Calories: 297.6kcal (14.88%), Fat: 9.67g (14.87%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 39.27g (14.28%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 304.96mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Manganese: 2.59mg (129.44%), Selenium: 21.43µg (30.61%), Vitamin B1: 0.46mg (30.38%), Phosphorus: 292.97mg (29.3%), Magnesium: 94.32mg (23.58%), Fiber: 4.32g (17.26%), Copper: 0.3mg (14.94%), Iron: 2.64mg (14.68%), Zinc: 2.11mg (14.05%), Potassium: 242.44mg (6.93%), Vitamin E: 0.96mg (6.41%), Folate: 23.88µg (5.97%), Calcium: 51.73mg (5.17%), Vitamin B2: 0.09mg (5.01%), Vitamin B3: 0.98mg (4.92%), Vitamin B6: 0.08mg (4.17%), Vitamin K: 4.11µg (3.91%), Vitamin B5: 0.15mg

(1.48%)