



 **100%**
HEALTH SCORE

Ezekiel Bread II

 Vegetarian  Dairy Free  Very Healthy

READY IN



240 min.

SERVINGS



4

CALORIES



2001 kcal

BREAD

Ingredients

- 0.5 ounce active yeast dry
- 4 cups barley flour
- 1 tablespoon honey
- 1 cup lentils
- 0.5 cup millet flour
- 5 tablespoons olive oil
- 0.3 cup rye flour
- 1 tablespoon salt

- 2 cups soy flour
- 5 cups warm water divided (110 degrees F/45 degrees C)
- 8 cups flour whole wheat

Equipment

- bowl
- sauce pan
- oven
- loaf pan

Directions

- Place lentils in a small saucepan, cover with water and cook until soft.
- Drain and set aside to cool. In a small bowl, dissolve yeast in 1/2 cup warm water.
- Let stand until creamy, about 10 minutes.
- Place the cooled lentils in a bowl and mash.
- Mix in olive oil, honey, salt and remaining 4 1/2 cups warm water. In a large bowl, mix together whole wheat flour, barley flour, soy flour, millet flour and rye flour.
- Stir the yeast mixture into the lentil mixture. Beat in 2 cups of the flour mixture. Stir in the remaining flour mixture, 1 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Deflate the dough and turn it out onto a lightly floured surface. Briefly knead the dough and divide into four equal pieces and form into loaves.
- Place the loaves into four lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- Bake in preheated oven for about 1 hour, or until bottom of a loaf sounds hollow when tapped.

Nutrition Facts



■ PROTEIN 15.8% ■ FAT 16.74% ■ CARBS 67.46%

Properties

Glycemic Index:65.05, Glycemic Load:89.69, Inflammation Score:-10, Nutrition Score:67.613043455002%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 2000.58kcal (100.03%), Fat: 38.94g (59.92%), Saturated Fat: 5.82g (36.36%), Carbohydrates: 353.11g (117.7%), Net Carbohydrates: 290.23g (105.54%), Sugar: 11.97g (13.3%), Cholesterol: 0mg (0%), Sodium: 1782.87mg (77.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.72g (165.45%), Manganese: 13.53mg (676.37%), Selenium: 218.45µg (312.07%), Fiber: 62.88g (251.54%), Magnesium: 796.57mg (199.14%), Vitamin B1: 2.97mg (197.79%), Phosphorus: 1867.88mg (186.79%), Copper: 3.54mg (177.17%), Folate: 632.05µg (158.01%), Vitamin B3: 27.29mg (136.44%), Iron: 20.76mg (115.32%), Vitamin B6: 2.21mg (110.38%), Zinc: 14.55mg (97%), Potassium: 3289.87mg (94%), Vitamin B2: 1.48mg (86.92%), Vitamin K: 60.46µg (57.58%), Vitamin E: 6.5mg (43.35%), Vitamin B5: 4.28mg (42.83%), Calcium: 286.34mg (28.63%), Vitamin C: 2.15mg (2.6%), Vitamin A: 107.52IU (2.15%)