



Flax and Sunflower Seed Bread



Vegetarian



Popular

READY IN



180 min.

SERVINGS



36

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 1.3 cups bread flour whole wheat
- ☐ 1.5 cups bread flour
- ☐ 2 tablespoons butter softened
- ☐ 0.5 cup flax seeds
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sunflower seeds

☐ 1.3 cups water

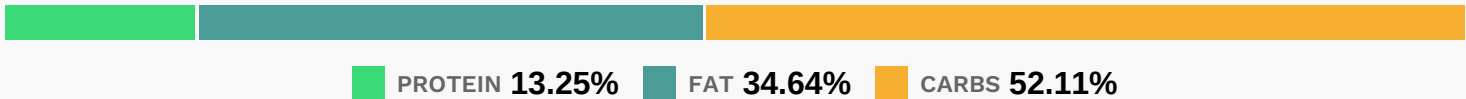
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place all ingredients (except sunflower seeds) in the pan of the bread machine in the order recommended by the manufacturer. Select basic white cycle; press start.
- ☐ Add the sunflower seeds when the alert sounds during the knead cycle.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:5.52, Inflammation Score:-2, Nutrition Score:3.6073912660713%

Nutrients (% of daily need)

Calories: 75.57kcal (3.78%), Fat: 2.98g (4.58%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 8.6g (3.13%), Sugar: 1.92g (2.14%), Cholesterol: 1.67mg (0.56%), Sodium: 110.55mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Manganese: 0.32mg (16.22%), Selenium: 5.94µg (8.48%), Vitamin B1: 0.11mg (7.59%), Fiber: 1.47g (5.9%), Magnesium: 23.43mg (5.86%), Phosphorus: 51.7mg (5.17%), Vitamin E: 0.75mg (4.99%), Copper: 0.09mg (4.69%), Vitamin B3: 0.7mg (3.52%), Folate: 13.73µg (3.43%), Vitamin B6: 0.06mg (2.93%), Iron: 0.51mg (2.85%), Zinc: 0.41mg (2.7%), Calcium: 23.09mg (2.31%), Vitamin B2: 0.03mg (1.91%), Potassium: 60.02mg (1.71%), Vitamin B5: 0.14mg (1.41%)