



## Flax, Quinoa, and Almond Meal Bread

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

### Ingredients

- 1 cup ground flaxseed
- 0.7 cup almond flour (could probably used unblanched)
- 0.7 cup quinoa flour
- 4 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 2 teaspoons baking soda
- 0.3 cup olive oil
- 4 eggs

0.5 cup water

## Equipment

baking paper

oven

loaf pan

## Directions

Preheat oven to 375F

Mix dry ingredients together. Gently beat eggs together before adding to dry mixture.

Add oil. (I had my coconut oil in a mixing cup and added the eggs to mix together but the coldness of the eggs turned the oil solid, it was difficult to mix the solid oil in the batter.

Add water a little at a time until you get the desired consistency to pour thickly into your loaf pan.

I used a Pyrex bread pan with parchment paper, cooked at 375F for 40 mins. If you use a metal pan you will have to adjust time.

## Nutrition Facts



**PROTEIN 13.05%** **FAT 67.61%** **CARBS 19.34%**

## Properties

Glycemic Index:12.4, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:8.6191304347826%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Taste

Sweetness: 18.2%, Saltiness: 40.51%, Sourness: 6.36%, Bitterness: 8.55%, Savoriness: 20.16%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 230.42kcal (11.52%), Fat: 17.92g (27.57%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 5.83g (2.12%), Sugar: 0.57g (0.64%), Cholesterol: 65.47mg (21.82%), Sodium: 479.2mg (20.83%), Protein: 7.78g (15.57%), Fiber: 5.69g (22.77%), Manganese: 0.4mg (20.12%), Vitamin B1: 0.27mg (17.96%),

Phosphorus: 172.62mg (17.26%), Calcium: 163.78mg (16.38%), Magnesium: 65.38mg (16.35%), Selenium: 9.47µg (13.53%), Iron: 2.05mg (11.39%), Copper: 0.21mg (10.5%), Vitamin E: 1.01mg (6.75%), Vitamin B2: 0.11mg (6.25%), Zinc: 0.92mg (6.15%), Folate: 22.19µg (5.55%), Vitamin B6: 0.11mg (5.28%), Potassium: 154.75mg (4.42%), Vitamin B5: 0.43mg (4.27%), Vitamin K: 3.99µg (3.8%), Vitamin B12: 0.16µg (2.61%), Vitamin B3: 0.51mg (2.53%), Vitamin D: 0.35µg (2.35%), Vitamin A: 95.04IU (1.9%)