



## Flaxseed Bread

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

BREAD

## Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon butter melted
- ☐ 1 large eggs
- ☐ 0.3 cup flaxseeds
- ☐ 1.8 cups flour all-purpose
- ☐ 3 tablespoons honey
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water

- ☐ 1.3 cups flour whole wheat
- ☐ 1 envelope fleischmann's® rapidrise yeast

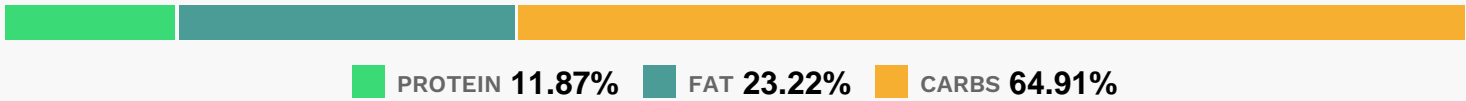
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer

## Directions

- ☐ In large bowl, combine 1 cup flour, whole wheat flour, undissolved yeast, and salt.
- ☐ Heat milk, water, honey, and butter until very warm (120 to 130 F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally.
- ☐ Add egg, flaxseed, and 1/2 cup flour; beat 2 minutes at high speed. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.
- ☐ Roll dough to 12 x 8-inch rectangle. Beginning on short end, roll up tightly as for jelly roll. Pinch seam and ends to seal.
- ☐ Place, seam side down, in greased 8 1/2 x 4 1/2-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 1 1/2 hours.
- ☐ Bake at 350F for 30 to 35 minutes or until done.
- ☐ Remove from pan; cool on wire rack.
- ☐ Brush with melted butter.

## Nutrition Facts



## Properties

Glycemic Index:24.66, Glycemic Load:18.78, Inflammation Score:-5, Nutrition Score:12.553478149292%

Nutrients (% of daily need)

Calories: 261.35kcal (13.07%), Fat: 6.92g (10.64%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 43.52g (14.51%),  
Net Carbohydrates: 39.09g (14.21%), Sugar: 7.45g (8.28%), Cholesterol: 25.08mg (8.36%), Sodium: 341.99mg  
(14.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Manganese: 1.09mg (54.57%),  
Selenium: 24.53µg (35.05%), Vitamin B1: 0.5mg (33.5%), Folate: 86.46µg (21.62%), Fiber: 4.43g (17.72%),  
Phosphorus: 164.65mg (16.46%), Vitamin B2: 0.26mg (15.49%), Vitamin B3: 3.09mg (15.44%), Magnesium: 55.68mg  
(13.92%), Iron: 2.41mg (13.38%), Copper: 0.19mg (9.65%), Zinc: 1.14mg (7.59%), Vitamin B6: 0.15mg (7.42%), Vitamin  
B5: 0.56mg (5.64%), Potassium: 185.48mg (5.3%), Calcium: 48.31mg (4.83%), Vitamin A: 185.34IU (3.71%), Vitamin  
B12: 0.14µg (2.37%), Vitamin E: 0.35mg (2.32%), Vitamin D: 0.29µg (1.95%)