



Flowerpot bread

 Vegetarian

READY IN



50 min.

SERVINGS



5

CALORIES



625 kcal

Ingredients

- ☐ 500 g bread flour white
- ☐ 7 g sachet fast-action yeast dried
- ☐ 1 tsp salt
- ☐ 2 tbsp olive oil for the flowerpots
- ☐ 1 tbsp clear honey
- ☐ 5 servings little milk for brushing
- ☐ 1 tbsp poppy seed
- ☐ 4 tbsp feta cheese grated crumbled
- ☐ 1 tbsp rosemary chopped

- ☐ 1 tbsp sundried tomatoes chopped
- ☐ 0.5 tsp chilli flakes
- ☐ 5 small clean clay flowerpots (see tip below)
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Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Tip the flour, yeast and salt into a large bowl.
- ☐ Pour in 300ml warm water, the olive oil and honey.
- ☐ Mix with a wooden spoon until the mixture clumps together, then tip out onto a work surface. Use your hands to stretch and knead the dough for about 10 mins, or until its smooth and springy.
- ☐ Add a little extra flour if the dough feels too sticky.
- ☐ Brush the flowerpots with oil and line the sides with baking parchment. Divide the dough into 5 pieces and shape into smooth balls.
- ☐ Place one ball of dough into each flowerpot and cover with cling film. Leave in a warm place for 1 hr to rise.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ When the dough has doubled in size, remove the cling film from the pots and gently brush with a little milk or oil.
- ☐ Sprinkle with your choice of topping.
- ☐ Place the pots on a baking tray in the oven and cook for 20–25 mins until risen and golden. The pots will be very hot, so be careful when removing from the oven. Leave to cool for 10 mins before turning out and eating.

Nutrition Facts



 PROTEIN **14.77%**  FAT **27.42%**  CARBS **57.81%**

Properties

Glycemic Index:57.85, Glycemic Load:53.5, Inflammation Score:-6, Nutrition Score:20.740000123563%

Flavonoids

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

Nutrients (% of daily need)

Calories: 624.83kcal (31.24%), Fat: 18.99g (29.21%), Saturated Fat: 7.52g (46.97%), Carbohydrates: 90.07g (30.02%), Net Carbohydrates: 86.46g (31.44%), Sugar: 15.94g (17.71%), Cholesterol: 41.38mg (13.79%), Sodium: 720.99mg (31.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.01g (46.02%), Selenium: 46.89µg (66.98%), Manganese: 0.97mg (48.34%), Calcium: 418.7mg (41.87%), Phosphorus: 418.29mg (41.83%), Vitamin B2: 0.58mg (34.14%), Vitamin B1: 0.42mg (27.72%), Vitamin B12: 1.55µg (25.81%), Folate: 74.4µg (18.6%), Vitamin D: 2.74µg (18.26%), Zinc: 2.55mg (17.02%), Vitamin B5: 1.7mg (17%), Magnesium: 67.51mg (16.88%), Potassium: 547.3mg (15.64%), Vitamin B6: 0.29mg (14.44%), Fiber: 3.6g (14.41%), Copper: 0.25mg (12.26%), Vitamin A: 543.36IU (10.87%), Vitamin B3: 2.09mg (10.47%), Vitamin E: 1.46mg (9.74%), Iron: 1.56mg (8.68%), Vitamin K: 5.3µg (5.04%), Vitamin C: 0.84mg (1.02%)