



Gluten Free 5 Grain Bread

 Vegetarian  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



674 kcal

Ingredients

- 2 teaspoons yeast dry
- 2 tablespoons agave nectar
- 0.3 cup almonds
- 1 teaspoon apple cider vinegar
- 1 teaspoon double-acting baking powder
- 0.8 cup brown rice flour (or)
- 2 ounces chia seeds divided (four tablespoons)
- 2 eggs at room temperature
- 0.3 cup flaxseeds

- 2 teaspoons xanthan gum
- 2 tablespoons blackstrap molasses sweet (or not if you don't like a slightly bread)
- 2 tablespoons olive oil
- 0.3 cup potato flour
- 0.3 cup quinoa
- 0.5 teaspoon salt
- 0.3 cup sesame seed
- 2 tablespoons sesame seed
- 0.3 cup sunflower seeds
- 0.3 cup tapioca flour
- 0.5 cup water room temperature
- 0.8 cup water

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- hand mixer
- microwave
- spatula
- serrated knife

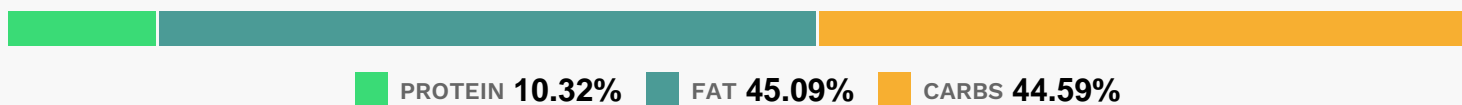
Directions

- Grease and rice flour a 9x5 bread pan. In the bowl of an electric mixer sift together the rice flour, sorghum if you're using, tapioca starch, potato starch, guar gum, baking powder, yeast

and salt. Grind the quinoa, almonds, flax seeds, sunflower and sesame seeds and two tablespoons of the chia seeds in a clean coffee grinder until very fine.

- Mix with the dry ingredients on low speed until well combined and no lumps remain. Stir remaining two tablespoons of chia seeds in 1/2 cup of water. Three minutes later, stir well again and set aside. In a medium bowl whisk the eggs, 3/4 cup of warm water, olive oil, honey, vinegar, and molasses if you're using, until well combined. Stir in the chia mix.
- Add in one dump to the dry ingredients then beat on medium-high for 4 minutes, scraping down as needed.
- Pour the dough into the prepared pan.
- Spread evenly with a wet spatula slash down the middle with a sharp knife and sprinkle with the remaining sesame seeds if you wish. Rise dough for approximately 45 minutes, until it barely reaches the top of the pan. (I rise mine over a bowl of boiling water with a cooling rack on top, in the microwave, very successfully and it only takes 20 to 30 minutes).
- Bake at 350 degrees in a preheated oven for 45 to 60 minutes until the top is medium brown and the internal temperature is between 208 and 210 degrees. Allow to cool thoroughly before slicing with a serrated knife.

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:5.62, Inflammation Score:-9, Nutrition Score:34.729999459308%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 674.26kcal (33.71%), Fat: 34.97g (53.8%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 77.82g (25.94%), Net Carbohydrates: 62.34g (22.67%), Sugar: 16.11g (17.9%), Cholesterol: 81.84mg (27.28%), Sodium: 453.26mg

(19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.03%), Manganese: 2.95mg (147.39%), Magnesium: 276.42mg (69.1%), Copper: 1.28mg (64.14%), Fiber: 15.48g (61.92%), Phosphorus: 616.56mg (61.66%), Vitamin B1: 0.9mg (59.82%), Vitamin E: 7.35mg (49.01%), Selenium: 29.75µg (42.5%), Vitamin B6: 0.78mg (38.96%), Calcium: 386.66mg (38.67%), Iron: 6.8mg (37.8%), Folate: 128.68µg (32.17%), Vitamin B3: 6.4mg (31.99%), Zinc: 4.39mg (29.3%), Vitamin B2: 0.45mg (26.38%), Potassium: 765.09mg (21.86%), Vitamin B5: 1.48mg (14.75%), Vitamin K: 7.1µg (6.76%), Vitamin B12: 0.2µg (3.28%), Vitamin C: 2.58mg (3.12%), Vitamin D: 0.44µg (2.93%), Vitamin A: 133.42IU (2.67%)