



Gluten-Free Buckwheat Millet Bread

 Gluten Free  Dairy Free

READY IN



225 min.

SERVINGS



6

CALORIES



653 kcal

Ingredients

- 2 tablespoons yeast dry
- 1 teaspoon agave nectar
- 0.5 cup almond flour
- 0.3 cup tapioca/arrowroot flour
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup buckwheat flour
- 2 eggs
- 2 tablespoons flaxseeds

- 1 cup millet flour
- 0.3 cup olive oil
- 0.5 cup pecans
- 2 tablespoons psyllium fibre husks
- 4 tablespoons psyllium fibre husks
- 0.3 cup pumpkin seeds
- 0.3 cup rice flour
- 1 tablespoon salt
- 0.3 cup sunflower seeds
- 0.3 cup rice flour sweet
- 0.3 cup tapioca flour
- 1 cup teff flour
- 0.8 cup water room temperature
- 1 cup water lukewarm
- 2 teaspoons xanthan gum

Equipment

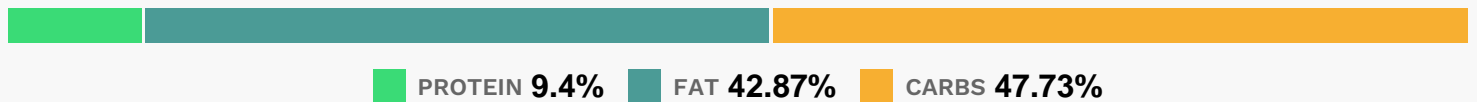
- bowl
- oven
- wire rack
- baking pan
- skewers

Directions

- In a large bowl combine flours, starches, xanthan, 2 tablespoons psyllium husks, almond meal, seeds and ground pecans, salt, baking soda and baking powder. Dissolve yeast in 1/2 cup lukewarm water with one teaspoon agave syrup.
- Combine eggs, olive oil, the other half cup lukewarm water. Stir 4 tablespoons psyllium husks into 3/4 cup water. Stir well to dissolve, then immediately dump the dissolved husks into the egg-oil-water mixture and beat until you have a smooth cream.

- Pour dissolved yeast into flour mixture, then dump in egg mixture and start kneading with hands. It's important to knead by hand, because you have to feel if the dough becomes kneadable. If it's too dry, slowly add some more lukewarm water until you have a moist, but well kneadable dough. Knead at least 10 minutes on a starch dusted surface. Shape one round loaf, place loaf in a large bowl. Cover and let rest in a warm place for 2 hours. After 2 hours DON'T PUNCH THE DOUGH DOWN! Gently lift the risen loaf out of the bowl and place on a paper lined baking tray.
- Put the tray into the oven and heat oven to 350 degrees F or 180 degrees Celsius. DON'T PREHEAT!
- Bake for 1 hour. After one hour, a wooden skewer inserted into the middle of the loaf should come out clean and the bottom of the loaf should sound hollow.
- Let cool on a wire rack. Unlike other gluten free breads, this one can be sliced and eaten warm. Enjoy!

Nutrition Facts



Properties

Glycemic Index: 84.5, Glycemic Load: 26.32, Inflammation Score: -7, Nutrition Score: 21.692173766053%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 652.58kcal (32.63%), Fat: 31.96g (49.18%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 80.08g (26.69%), Net Carbohydrates: 62.42g (22.7%), Sugar: 2.95g (3.27%), Cholesterol: 54.56mg (18.19%), Sodium: 1477.95mg (64.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.77g (31.55%), Manganese: 1.49mg (74.34%), Fiber: 17.66g (70.62%), Vitamin B1: 0.54mg (35.87%), Magnesium: 139.21mg (34.8%), Phosphorus: 307.18mg (30.72%), Iron: 5.13mg (28.53%), Vitamin E: 4.15mg (27.64%), Selenium: 18.71µg (26.72%), Copper: 0.53mg

(26.7%), Vitamin B3: 4.14mg (20.68%), Vitamin B6: 0.41mg (20.5%), Folate: 77.64µg (19.41%), Zinc: 2.57mg (17.14%), Calcium: 166.64mg (16.66%), Vitamin B2: 0.22mg (12.85%), Vitamin B5: 1.05mg (10.49%), Vitamin K: 9.84µg (9.37%), Potassium: 327.18mg (9.35%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.29µg (1.96%), Vitamin A: 87.04IU (1.74%)