



HEALTH SCORE

56%

## Gluten-Free Sesame Sandwich Bread



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1937 kcal

## Ingredients

- ☐ 0.3 ounce yeast dry
- ☐ 0.3 cup almond flour
- ☐ 0.3 cup amaranth flour
- ☐ 0.3 cup buttermilk room temperature
- ☐ 6 tablespoons bob's mill garbanzo bean flour
- ☐ 0.3 cup coconut flour
- ☐ 2 tablespoons cornstarch
- ☐ 3 large eggs room temperature
- ☐ 0.3 ounce gelatin powder unflavored

- ☐ 1.5 teaspoons xanthan gum
- ☐ 1 tablespoon blackstrap molasses
- ☐ 2 tablespoons potato flour
- ☐ 0.8 teaspoon sea salt fine
- ☐ 4 tablespoons sesame seed
- ☐ 0.3 cup sorghum flour
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup tapioca flour
- ☐ 3 tablespoons butter unsalted
- ☐ 2 tablespoons cornmeal yellow

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ spatula

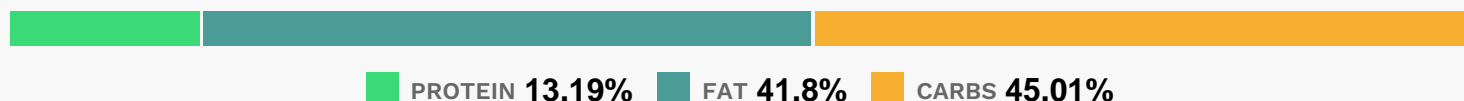
## Directions

- ☐ Position rack in middle of oven and preheat to 425°F. Butter loaf pan.
- ☐ In small saucepan over moderate heat, heat butter until hot but not smoking. Stir in 3 tablespoons sesame seeds and sauté until seeds are golden brown and fragrant, about 4

minutes.

- ☐ Transfer mixture to small bowl and let cool to room temperature.
- ☐ In small bowl, sprinkle gelatin over 2 tablespoons cold water. Stir, then let stand until softened, about 5 minutes.
- ☐ In large bowl, stir together sugar and 1/2 cup warm water (105°F to 115°F).
- ☐ Sprinkle yeast over and let stand until foamy, about 5 minutes.
- ☐ Add 2 eggs, buttermilk, molasses, butter–sesame seed mixture, and gelatin mixture, and whisk to combine.
- ☐ In large bowl of electric mixer fitted with paddle attachment, whisk together tapioca flour, chickpea flour, almond flour, coconut flour, amaranth flour, sorghum flour, cornmeal, potato flour, cornstarch, xanthan gum, and salt.
- ☐ Add wet ingredients and beat at moderate speed until dough is aerated and holds its shape, about 4 minutes. Scrape down bowl, then beat at high speed for 1 minute.
- ☐ Transfer dough to prepared pan and smooth top with rubber spatula. (If necessary, use a wet hand to smooth completely.) Cover loosely with plastic wrap and let rise in warm place until dough is just level with top of pan, about 1 hour.
- ☐ In small bowl, whisk together remaining egg and 1 teaspoon water. When dough has risen, lightly brush egg wash over top, then sprinkle with remaining 1 tablespoon sesame seeds.
- ☐ Bake bread until firm, about 30 minutes, then carefully turn loaf out of pan and continue baking directly on oven rack until bottom sounds hollow when tapped, about 15 minutes more.
- ☐ Transfer to wire rack and cool at least 1 1/2 hours before slicing. (Store bread, wrapped in aluminum foil, 3 days at room temperature, 1 week refrigerated, or 1 month frozen.)
- ☐ This bread comes together quickly. To speed things up even more, you can measure out the dry ingredients and freeze them in a large sealable plastic bag for up to 2 months. Bring them to room temperature before using.

## Nutrition Facts



## Properties

Glycemic Index:309.59, Glycemic Load:33.19, Inflammation Score:-10, Nutrition Score:60.416956497275%

Nutrients (% of daily need)

Calories: 1936.65kcal (96.83%), Fat: 92.05g (141.61%), Saturated Fat: 36.09g (225.54%), Carbohydrates: 223g (74.33%), Net Carbohydrates: 187.54g (68.2%), Sugar: 31.93g (35.48%), Cholesterol: 654.9mg (218.3%), Sodium: 2164.41mg (94.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.36g (130.73%), Fiber: 35.46g (141.85%), Manganese: 2.46mg (122.94%), Folate: 488.72µg (122.18%), Copper: 2.28mg (114.2%), Selenium: 75.86µg (108.38%), Vitamin B1: 1.53mg (102.09%), Iron: 17.24mg (95.78%), Phosphorus: 924.73mg (92.47%), Magnesium: 333.97mg (83.49%), Vitamin B2: 1.27mg (74.9%), Vitamin B6: 1.34mg (66.87%), Calcium: 656.79mg (65.68%), Zinc: 7.73mg (51.53%), Vitamin B5: 4.46mg (44.63%), Potassium: 1520.14mg (43.43%), Vitamin B3: 8.07mg (40.37%), Vitamin A: 1979.91IU (39.6%), Vitamin D: 4.41µg (29.4%), Vitamin B12: 1.69µg (28.12%), Vitamin E: 3.31mg (22.06%), Vitamin K: 9.65µg (9.19%), Vitamin C: 1.71mg (2.07%)