

Hearty Multigrain Bread

 Vegetarian

READY IN



180 min.

SERVINGS



36

CALORIES



45 kcal

BREAD

Ingredients

- 1 cup bread flour
- 1.5 tablespoons bread machine yeast
- 0.3 cup brown sugar packed
- 1 tablespoon butter softened
- 1 tablespoon flaxseeds
- 1 tablespoon powdered milk dry
- 1 tablespoon millet
- 1 tablespoon quinoa

- 1 teaspoon salt
- 1 tablespoon sesame seed
- 2 tablespoons sunflower seeds
- 0.8 cup water
- 1 cup flour whole wheat

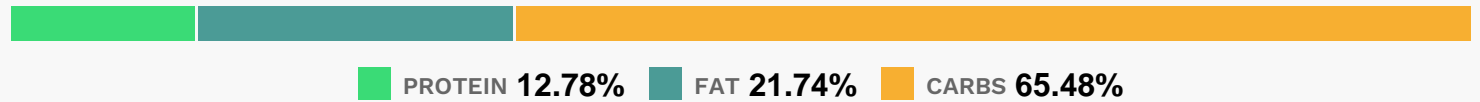
Equipment

- frying pan
- bread machine

Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:8.89, Glycemic Load:1.88, Inflammation Score:-1, Nutrition Score:2.426086951857%

Nutrients (% of daily need)

Calories: 44.56kcal (2.23%), Fat: 1.11g (1.71%), Saturated Fat: 0.32g (2%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.74g (2.45%), Sugar: 1.61g (1.78%), Cholesterol: 1.04mg (0.35%), Sodium: 69.19mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Manganese: 0.2mg (10.22%), Vitamin B1: 0.11mg (7.04%), Selenium: 4.03µg (5.76%), Folate: 19.96µg (4.99%), Fiber: 0.82g (3.28%), Phosphorus: 30.86mg (3.09%), Magnesium: 11.09mg (2.77%), Vitamin B3: 0.54mg (2.71%), Copper: 0.05mg (2.62%), Vitamin B2: 0.04mg (2.37%), Vitamin B6: 0.04mg (1.97%), Vitamin E: 0.25mg (1.7%), Zinc: 0.25mg (1.67%), Iron: 0.29mg (1.59%), Vitamin B5: 0.14mg (1.41%), Potassium: 36.36mg (1.04%)