



Honey Multigrain Bread



Vegetarian



Dairy Free

READY IN



150 min.

SERVINGS



12

CALORIES



461 kcal

BREAD

Ingredients

- ☐ 0.8 cup cornmeal
- ☐ 0.3 cup honey
- ☐ 0.8 ounce yeast instant
- ☐ 3 tablespoons olive oil
- ☐ 1 cup rye flour
- ☐ 1 tablespoon salt
- ☐ 8 cups unbleached flour
- ☐ 3.8 cups water

☐ 1 cup flour whole wheat

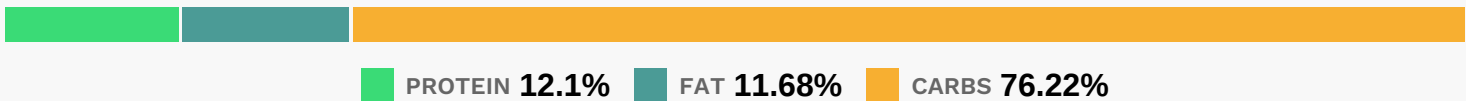
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ In a small saucepan, combine the cornmeal and water. Bring to a boil and cook for 5 minutes.
- ☐ Pour into a large mixing bowl. Stir in salt, oil and honey; let cool until lukewarm.
- ☐ In a large bowl, combine the cooled cornmeal mixture with the yeast, rye flour, whole wheat flour and 4 cups unbleached flour; beat well. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Allow dough to rise 30 minutes, or until doubled.
- ☐ Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves.
- ☐ Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake in preheated oven for 40 minutes, or until bottoms of the loaves sound hollow when tapped.
- ☐ Remove from pans and allow to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:46.51, Inflammation Score:-4, Nutrition Score:13.609130543049%

Nutrients (% of daily need)

Calories: 460.83kcal (23.04%), Fat: 5.98g (9.2%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 87.84g (29.28%), Net Carbohydrates: 82.35g (29.94%), Sugar: 6.35g (7.05%), Cholesterol: 0mg (0%), Sodium: 588.76mg (25.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.89%), Manganese: 1.35mg (67.4%), Selenium: 41.28µg (58.97%), Vitamin B1: 0.37mg (24.4%), Fiber: 5.5g (21.99%), Folate: 79.77µg (19.94%), Phosphorus: 169.59mg (16.96%), Copper: 0.27mg (13.37%), Magnesium: 52.37mg (13.09%), Vitamin B3: 2.44mg (12.21%), Zinc: 1.63mg (10.84%), Iron: 1.72mg (9.53%), Vitamin B2: 0.16mg (9.35%), Vitamin B6: 0.18mg (9.06%), Vitamin B5: 0.77mg (7.7%), Vitamin E: 1.07mg (7.11%), Potassium: 204.17mg (5.83%), Vitamin K: 3.08µg (2.93%), Calcium: 22.1mg (2.21%)