

Lemon Chia Seed Cornmeal Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

BREAD

Ingredients

- 2 teaspoons baking powder
- 0.3 teaspoon baking soda
- 0.7 cup brown sugar
- 0.7 cup brown sugar
- 3 tablespoons chia seeds (or poppy seeds)
- 1 cup flour all-purpose
- 2 juice of lemon
- 0.3 cup olive oil

- 0.5 cup pastry flour
- 3 pinches sea salt
- 0.5 teaspoon turmeric
- 0.8 cup apple sauce unsweetened
- 0.5 cup cornmeal yellow

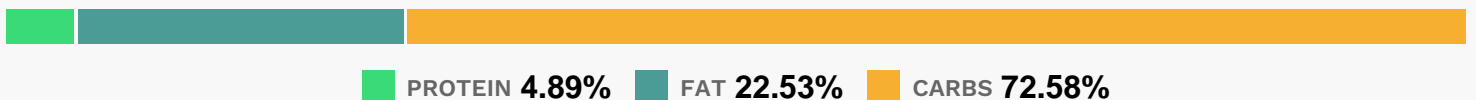
Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- loaf pan

Directions

- Line a standard 9 5 inch loaf pan with parchment paper or grease the pan well. Preheat an oven to 350. In a large bowl, combine the flours, cornmeal, chia seeds or poppy seeds, baking powder and soda, turmeric if using, and sea salt. In a medium bowl, whisk together the lemon zest, lemon juice, sugar, apple sauce and olive oil. Make a well in the center of the flour mixture and pour in the moist ingredients. Stir until just combined.
- Transfer to the prepared pan, spreading evenly.
- Bake for 30 to 40 minutes or until lightly golden and a cake tester inserted into the middle of the bread comes out clean.
- Let cool in the pan before removing. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:12.95, Inflammation Score:0, Nutrition Score:8.965652173913%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Taste

Sweetness: 100%, Saltiness: 2.13%, Sourness: 18.82%, Bitterness: 13.36%, Savoriness: 1.3%, Fattiness: 24.89%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 354.08kcal (17.7%), Fat: 9.12g (14.02%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 66.08g (22.03%), Net Carbohydrates: 62.05g (22.57%), Sugar: 38.14g (42.37%), Cholesterol: 0mg (0%), Sodium: 193mg (8.39%), Protein: 4.45g (8.9%), Manganese: 0.64mg (32.11%), Selenium: 13.54µg (19.34%), Phosphorus: 176.94mg (17.69%), Fiber: 4.03g (16.12%), Vitamin B1: 0.23mg (15.06%), Iron: 2.13mg (11.84%), Magnesium: 44.39mg (11.1%), Calcium: 109.39mg (10.94%), Vitamin B3: 2.01mg (10.05%), Folate: 40.08µg (10.02%), Potassium: 271.93mg (7.77%), Vitamin E: 1.15mg (7.64%), Copper: 0.14mg (7.23%), Vitamin B2: 0.11mg (6.75%), Vitamin B6: 0.12mg (6.15%), Zinc: 0.85mg (5.69%), Vitamin K: 4.4µg (4.19%), Vitamin C: 3.24mg (3.92%), Vitamin B5: 0.24mg (2.4%)