



WHATSheATE

Light and Grainy Wheat, Rye, and Flax Seed Bread



Vegetarian

READY IN



165 min.

SERVINGS



12

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons active yeast dry
- ☐ 3 tablespoons butter
- ☐ 0.5 cup flax seed
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup rye flour
- ☐ 1 teaspoon salt
- ☐ 2 cups wheat cereal shredded crushed

- ☐ 0.5 cup warm water
- ☐ 2 cups water boiling
- ☐ 1 cup flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Pour boiling water over shredded wheat cereal in a large mixing bowl. Stir in the salt, molasses, and butter; let cool to about 100 degrees F (40 degrees C), about 15 minutes. Grease two 9x5 inch loaf pans.
- ☐ Sprinkle the yeast over the 1/2 cup of warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C).
- ☐ Let stand for 5 minutes until the yeast softens and begins to form a creamy foam.
- ☐ Stir the yeast mixture into the cooled cereal mixture. Beat in the whole wheat flour, rye flour, and flax seed. Beat in the all-purpose flour. Turn the dough out onto a lightly floured surface and knead until smooth and elastic but not stiff, about 10 minutes.
- ☐ Lightly oil a large bowl, then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 1 hour.
- ☐ Deflate the dough and turn it out onto a lightly floured surface. Use a knife to divide the dough into two equal pieces. Form the dough into 2 loaves, and place the loaves into the prepared pans. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes.
- ☐ Meanwhile, preheat oven to 325 degrees F (165 degrees C).
- ☐ Bake in the preheated oven until the top is golden brown and the bottom of the loaf sounds hollow when tapped, about 50 minutes.

Nutrition Facts



 **PROTEIN 10.16%**  **FAT 31.02%**  **CARBS 58.82%**

Properties

Glycemic Index:10.5, Glycemic Load:2.34, Inflammation Score:-4, Nutrition Score:9.7065216400053%

Nutrients (% of daily need)

Calories: 175.07kcal (8.75%), Fat: 6.4g (9.85%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 22.22g (8.08%), Sugar: 5.56g (6.18%), Cholesterol: 7.53mg (2.51%), Sodium: 224.64mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Manganese: 1.09mg (54.64%), Fiber: 5.1g (20.41%), Vitamin B1: 0.29mg (19.05%), Magnesium: 74.83mg (18.71%), Selenium: 10.74µg (15.34%), Phosphorus: 136.01mg (13.6%), Vitamin B6: 0.24mg (12.21%), Copper: 0.23mg (11.4%), Iron: 1.56mg (8.65%), Folate: 32.45µg (8.11%), Vitamin B3: 1.6mg (8.02%), Potassium: 264.2mg (7.55%), Zinc: 1.07mg (7.1%), Vitamin B2: 0.08mg (4.44%), Calcium: 44.24mg (4.42%), Vitamin B5: 0.35mg (3.45%), Vitamin E: 0.3mg (1.97%), Vitamin A: 88.36IU (1.77%), Vitamin K: 1.35µg (1.29%), Vitamin C: 0.84mg (1.01%)