

Limpa Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups bread flour
- ☐ 2.3 tablespoons butter
- ☐ 1 teaspoon caraway seed
- ☐ 0.3 cup cracked wheat
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon fennel seed
- ☐ 2 teaspoons gluten flour

- ☐ 2.3 tablespoons blackstrap molasses
- ☐ 1 tablespoon orange zest
- ☐ 3 tablespoons powdered buttermilk
- ☐ 1.5 cups rye flour
- ☐ 1.3 cups water boiling

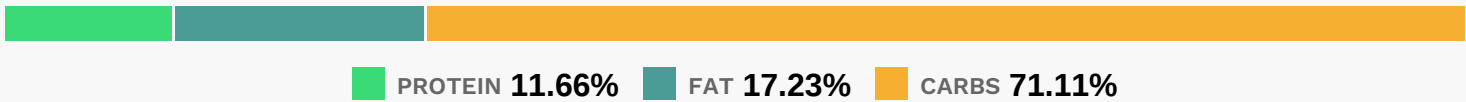
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Combine fennel seeds, cumin seeds, caraway seeds, cracked wheat, butter or margarine, molasses or barley malt, and orange zest in 1 1/3 cup of boiling water. Soak for 1 hour. (This pre-soaks the cracked wheat and pre-releases the other flavors.)
- ☐ Add seed mixture along with baking soda, whole wheat or rye flour, high-gluten bread flour, dry yeast, gluten, and buttermilk powder into the pan of a bread machine in the order suggested by the manufacturer. Select the cycle for White Bread and the Light Crust setting. Start.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:17.16, Inflammation Score:-5, Nutrition Score:10.426086912013%

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 5.91g (9.09%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 54.86g (18.29%), Net Carbohydrates: 49.63g (18.05%), Sugar: 7.49g (8.33%), Cholesterol: 13.36mg (4.45%), Sodium: 102.88mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (17.99%), Manganese: 1.02mg (50.92%), Selenium: 18.22µg (26.04%), Fiber: 5.23g (20.93%), Vitamin B1: 0.23mg (15.55%), Phosphorus: 150.66mg (15.07%), Magnesium: 50.1mg (12.53%), Folate: 45.18µg (11.3%), Iron: 1.9mg (10.53%), Copper: 0.2mg (10.22%), Potassium: 336.05mg (9.6%), Vitamin B2: 0.14mg (8.41%), Vitamin B6: 0.16mg (8.1%), Calcium: 76.44mg (7.64%), Zinc: 1.1mg (7.35%), Vitamin B3: 1.32mg (6.62%), Vitamin B5: 0.57mg (5.68%), Vitamin E: 0.64mg (4.24%), Vitamin A: 147.17IU

(2.94%), Vitamin B12: 0.12µg (2.07%), Vitamin C: 1.7mg (2.06%), Vitamin K: 2µg (1.9%)