



Malted walnut seed loaf

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 100 g cornstarch
- ☐ 300 g bread flour gluten-free (we used Doves Farm)
- ☐ 2 tbsp soy flour
- ☐ 85 g potato flour
- ☐ 2 tsp xanthan gum
- ☐ 7 g yeast dried
- ☐ 1 tbsp sugar
- ☐ 450 ml milk warmed

- ☐ 2 tbsp unrefined sunflower oil for greasing
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 100 g pumpkin seeds mixed (we used linseeds, hemp seeds, pumpkin seeds and sesame seeds)
- ☐ 50 g walnuts roughly chopped

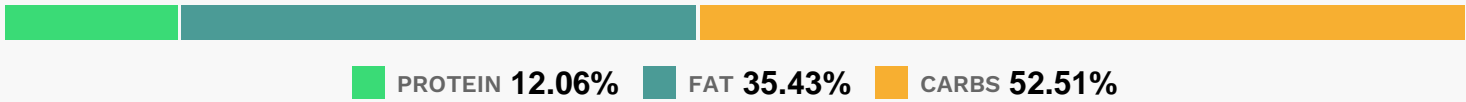
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Mix the flours, potato starch, xanthan gum, yeast, sugar and 1 tsp salt in a large bowl.
- ☐ Mix together the milk, oil and vinegar in a separate bowl, then add to the dry ingredients and mix until a soft dough comes together. Cover loosely with oiled cling film and leave to rise in a warm place for 1 hr.
- ☐ Knead in most of the seeds and walnuts. Shape into a large round oiled hands will help.
- ☐ Roll the round in the remaining seeds and nuts, then lift onto a baking tray. Loosely cover again with oiled cling film and leave for 1 hr more.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Bake the bread for 15 mins, then reduce oven to 190C/170C fan/gas 5 and continue baking for 30 mins until the loaf sounds hollow when tapped on the base. Leave on a wire rack to cool, wrapped in a clean tea towel this will help to keep the loaf soft.

Nutrition Facts



Properties

Glycemic Index:17.09, Glycemic Load:13.23, Inflammation Score:-4, Nutrition Score:9.2160869603572%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 276.38kcal (13.82%), Fat: 11.04g (16.99%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 34.33g (12.48%), Sugar: 3.48g (3.86%), Cholesterol: 4.64mg (1.55%), Sodium: 35.47mg (1.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Manganese: 0.77mg (38.46%), Phosphorus: 202.89mg (20.29%), Magnesium: 75.74mg (18.94%), Selenium: 12.08µg (17.25%), Copper: 0.27mg (13.51%), Vitamin B1: 0.16mg (10.93%), Fiber: 2.5g (9.99%), Folate: 35.58µg (8.89%), Vitamin E: 1.32mg (8.82%), Zinc: 1.27mg (8.5%), Potassium: 269.44mg (7.7%), Vitamin B2: 0.12mg (7.33%), Iron: 1.29mg (7.18%), Vitamin B6: 0.13mg (6.72%), Calcium: 66.05mg (6.61%), Vitamin B3: 1.27mg (6.37%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.21µg (3.49%), Vitamin D: 0.43µg (2.84%), Vitamin K: 1.65µg (1.57%), Vitamin A: 66.36IU (1.33%)