



Malted walnut seed loaf



Vegetarian



Vegan



Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 500 g strong wholemeal flour mixed (we used Doves Farm grain malthouse bread flour)
- ☐ 7 g sachet fast-action yeast dried
- ☐ 1 tsp salt
- ☐ 1 ml up warm water
- ☐ 100 g seed mixed (we used a mix of linseeds, hemp seeds, pumpkin seeds and sesame seeds)
- ☐ 50 g walnut pieces
- ☐ 12 servings little sunflower oil for greasing

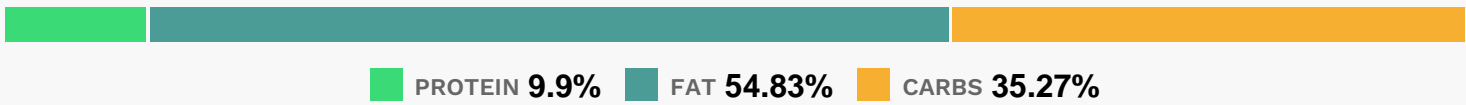
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Make the dough with the flour, yeast, salt and water as stated in the 'Goes well with' recipe (see right), adding most of the seeds and all the walnuts as you knead the dough. Leave to rise in a clean bowl as stated, then knock back and shape into a large round.
- ☐ Roll the round in the remaining seeds, then lift the bread onto a tray to prove for about 30 mins until doubled in size.
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Bake the bread for 15 mins, then reduce the heat to 190C/fan 170C/gas 5 and continue to bake for 30 mins until the loaf sounds hollow when tapped on the base. Leave the bread on a cooling rack to cool completely. The loaf will stay fresh in an airtight container for 3 days or can be frozen for 1 month.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:16.439130415168%

Flavonoids

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

Nutrients (% of daily need)

Calories: 341.16kcal (17.06%), Fat: 21.89g (33.68%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 26.3g (9.56%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 195.59mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Manganese: 2.22mg (110.89%), Vitamin E: 6.26mg (41.72%), Selenium: 26.78µg (38.26%), Magnesium: 113.32mg (28.33%), Phosphorus: 269.63mg (26.96%), Fiber: 5.39g (21.58%), Vitamin B1: 0.31mg (20.69%), Copper: 0.35mg (17.59%), Vitamin B3: 2.76mg (13.81%), Iron: 2.37mg (13.17%), Zinc: 1.91mg (12.73%), Vitamin B6: 0.21mg (10.63%), Folate: 40.9µg (10.22%), Potassium: 242.65mg (6.93%), Vitamin B2: 0.11mg (6.53%), Vitamin B5: 0.42mg (4.16%), Calcium: 22.38mg (2.24%), Vitamin K: 2.27µg (2.16%)