



Multigrain Seeded Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 1 egg white
- 0.8 cup flour all-purpose
- 1 tablespoon milk 1%
- 2 tablespoons blackstrap molasses
- 3 tablespoons pumpkin seeds shelled
- 0.3 cup rolled oats
- 0.5 teaspoon salt

- 3 tablespoons sesame seed
- 3 tablespoons sunflower seeds
- 1 cup water
- 1.5 cups flour whole wheat

Equipment

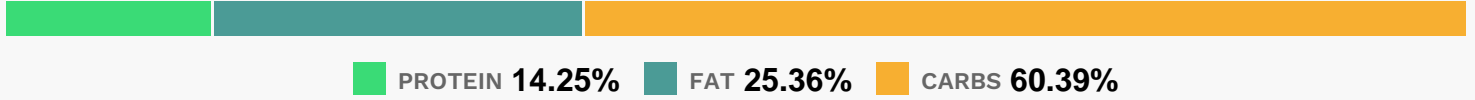
- bowl
- frying pan
- sauce pan
- oven
- loaf pan
- kitchen thermometer
- kitchen towels

Directions

- In a large bowl, combine the whole wheat flour, all-purpose flour, yeast, and salt. In another bowl, mix the seeds with the oats.
- In a saucepan, combine the water and molasses and warm the mixture over low heat until a thermometer reads 120 to 130 degrees F (50 to 55 degrees C) .
- Add the liquid to the flour mixture with the egg white.
- Mix together until a soft dough forms.
- Turn the dough onto a lightly floured surface. Knead for 10 minutes; then shape into a ball. Lightly oil a large stainless steel bowl.
- Add the dough and turn to cover the dough with the oil. Cover the bowl with a tea towel and let rise in a warm place for 2 hours until doubled in size.
- When the dough has risen, punch the dough down with your fists and add all but 2 Tablespoons of the seed mixture working it into the dough. Reserve the 2 Tablespoons of seed mixture for the topping. Shape the dough into a loaf by rolling it into a 12 x 8 inch rectangle and then roll up by its shortest end. Pinch the ends together and tuck underneath.
- Place in a non-stick 9x5 inch loaf pan with the seam underneath. Cover the loaf pan with a tea towel and let rise for 1 hour until doubled in bulk.

- Preheat the oven to 350 degrees F (175 degrees C).
- Brush the top of the loaf with milk and sprinkle on the reserved seed mixture.
- Bake the bread for 30 minutes or until the loaf sounds hollow when tapped on the bottom.
- Remove the bread from the pan and let cool completely.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:12.16, Inflammation Score:-6, Nutrition Score:18.976521635833%

Nutrients (% of daily need)

Calories: 282.86kcal (14.14%), Fat: 8.34g (12.83%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 39.06g (14.21%), Sugar: 5.56g (6.18%), Cholesterol: 0.13mg (0.04%), Sodium: 210.53mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.08%), Manganese: 2.02mg (101%), Selenium: 31.97µg (45.67%), Vitamin B1: 0.55mg (36.5%), Magnesium: 128.66mg (32.17%), Phosphorus: 275.17mg (27.52%), Copper: 0.53mg (26.44%), Fiber: 5.61g (22.43%), Folate: 89.26µg (22.31%), Iron: 3.63mg (20.15%), Vitamin B3: 3.85mg (19.26%), Vitamin B6: 0.3mg (15.18%), Vitamin B2: 0.24mg (14.22%), Zinc: 2.13mg (14.22%), Vitamin E: 2.12mg (14.13%), Potassium: 354.12mg (10.12%), Calcium: 78.91mg (7.89%), Vitamin B5: 0.63mg (6.27%), Vitamin K: 1.08µg (1.03%)