



## Pumpkin and Sunflower Seed Bread

 Vegetarian  Dairy Free

READY IN



140 min.

SERVINGS



24

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup honey
- 0.3 ounce yeast instant
- 0.3 cup pumpkin seeds shelled toasted chopped
- 1 teaspoon salt
- 0.3 cup sunflower seeds
- 4 teaspoons vegetable oil
- 1 cup warm water
- 0.3 cup wheat bran

3 cups flour whole wheat

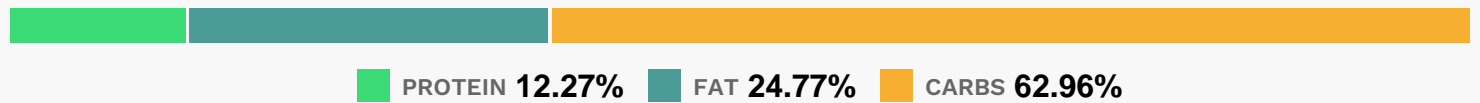
## Equipment

bread machine

## Directions

Place the ingredients into the bread machine in the order recommended by the manufacturer. Select the whole wheat setting and press start. If your machine has a signal for fruit or nuts, add the sunflower and pumpkin seeds at the beep.

## Nutrition Facts



## Properties

Glycemic Index:5.18, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:5.840869512085%

## Nutrients (% of daily need)

Calories: 86.47kcal (4.32%), Fat: 2.57g (3.95%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 12.52g (4.55%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 98.22mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Manganese: 0.76mg (38.01%), Selenium: 10.86µg (15.52%), Vitamin B1: 0.14mg (9.39%), Magnesium: 35.88mg (8.97%), Fiber: 2.16g (8.65%), Phosphorus: 84.92mg (8.49%), Copper: 0.12mg (5.86%), Vitamin B3: 1.15mg (5.74%), Vitamin E: 0.85mg (5.67%), Vitamin B6: 0.1mg (5.02%), Folate: 18.8µg (4.7%), Iron: 0.8mg (4.46%), Zinc: 0.63mg (4.19%), Vitamin B2: 0.05mg (2.9%), Potassium: 85.45mg (2.44%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.74µg (1.66%)