



## SeDUCTION Bread

 Vegetarian  Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



297 kcal

BREAD

### Ingredients

- 0.3 ounce active yeast dry
- 2 tablespoons canola oil
- 1 egg white beaten
- 2 tablespoons honey
- 3 tablespoons malted barley flour
- 1 teaspoon millet seed
- 2 tablespoons blackstrap molasses
- 1 tablespoon poppy seeds

- 3 tablespoons pumpkin seeds raw
- 2 tablespoons sunflower seeds raw
- 1.5 teaspoons sea salt
- 2 cups unbleached flour all-purpose
- 1.3 cups warm water (105 degrees to 115 degrees)
- 1 tablespoon wheat gluten
- 1 cup flour whole wheat

## Equipment

- bowl
- baking sheet
- oven
- serrated knife

## Directions

- Gently stir together the warm water, molasses, honey, and yeast in a large bowl and let stand until foamy, about 5 minutes.
- Pour oil into the yeast mixture.
- In a separate bowl mix together all-purpose flour, whole wheat flour, salt, pumpkin seeds, sunflower seeds, poppy seeds, 2 tablespoons of millet, barley flour, and vital wheat gluten. Stir the flour and seed mixture to the yeast mixture until it pulls together. Turn the dough out of the bowl onto a lightly floured surface. Knead for 7 to 8 minutes, adding additional flour as needed.
- Place the dough in a large oiled bowl, cover and let stand in a warm place until doubled in size, about 1 hour. Grease a 9x13 baking sheet.
- Punch down the risen dough and turn out of the bowl onto a lightly floured surface. Form into a round or oval loaf shape and place onto the prepared baking sheet. Cover the dough and allow to rise until doubled in size again, about 40 minutes.
- Preheat oven to 375 degrees F (190 degrees C) toward the end of this second rise. Slash the top of the loaf diagonally with a sharp razor blade or serrated knife, carefully brush with the beaten egg white, and sprinkle remaining millet seeds over the top.

Bake in preheated oven until the bread sounds hollow when thumped on the side, 40 to 45 minutes.

## Nutrition Facts



**PROTEIN 11.67%** **FAT 23.68%** **CARBS 64.65%**

## Properties

Glycemic Index:34.66, Glycemic Load:21.51, Inflammation Score:-5, Nutrition Score:14.27695647044%

## Nutrients (% of daily need)

Calories: 296.75kcal (14.84%), Fat: 8g (12.31%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 45.34g (16.49%), Sugar: 8.41g (9.35%), Cholesterol: 0mg (0%), Sodium: 457.22mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.75%), Manganese: 1.28mg (63.95%), Selenium: 25.55µg (36.5%), Vitamin B1: 0.5mg (33.12%), Folate: 96.18µg (24.04%), Magnesium: 81.21mg (20.3%), Vitamin B3: 3.75mg (18.74%), Phosphorus: 186.35mg (18.63%), Iron: 3.15mg (17.49%), Vitamin B2: 0.27mg (15.75%), Fiber: 3.83g (15.3%), Copper: 0.28mg (13.85%), Vitamin E: 1.75mg (11.67%), Vitamin B6: 0.2mg (10.17%), Zinc: 1.34mg (8.95%), Potassium: 246.45mg (7.04%), Vitamin B5: 0.5mg (4.95%), Calcium: 44.21mg (4.42%), Vitamin K: 3.28µg (3.12%)