



Triple-Seed Wheat Bread

 Dairy Free

READY IN



155 min.

SERVINGS



16

CALORIES



107 kcal

Ingredients

- 1.5 cups flour all-purpose
- 2 tablespoons sugar
- 1.5 teaspoons salt
- 1.5 teaspoons poppy seeds
- 1.5 teaspoons sesame seed
- 1 teaspoon fennel seeds
- 1 package yeast dry
- 1 cup water
- 2 tablespoons butter softened

- 1.5 cups flour whole wheat
- 1 egg whites beaten
- 1 teaspoon poppy seeds
- 1 teaspoon sesame seed
- 1 teaspoon fennel seeds

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack

Directions

- In large bowl, mix 1 1/2 cups of the all-purpose flour, the sugar, salt, 1 1/2 teaspoons poppy seed, 1 1/2 teaspoons sesame seed, 1 teaspoon fennel seed and the yeast. In 1-quart saucepan, heat water and butter over medium heat, stirring frequently, until very warm (120°F to 130°F); stir into flour mixture until blended. Stir in remaining all-purpose flour and enough of the whole wheat flour to make dough easy to handle.
- Place dough on lightly floured surface; gently roll in flour to coat. Knead about 8 minutes or until smooth and springy. Grease large bowl with shortening or cooking spray.
- Place dough in bowl, turning dough to grease all sides. Cover; let rise in warm place about 1 hour or until dough has doubled in size. (If using fast-acting yeast, do not let rise 1 hour; cover and let rest on floured surface 10 minutes.)
- Grease large cookie sheet with shortening or cooking spray.
- Roll dough into rope, about 20 inches long.
- Place on cookie sheet. Curl each end of rope in the opposite direction to form a coiled "S" shape. Cover; let rise in warm place 30 to 40 minutes or until almost double.
- Heat oven to 375°F.
- Brush egg white over dough; sprinkle with 1 teaspoon each poppy seed, sesame seed and fennel seed.

- Bake 20 to 25 minutes or until loaf is golden brown and sounds hollow when tapped.
- Remove from cookie sheet to cooling rack; cool.

Nutrition Facts



Properties

Glycemic Index:14.07, Glycemic Load:7.53, Inflammation Score:-2, Nutrition Score:5.5469566011882%

Nutrients (% of daily need)

Calories: 106.77kcal (5.34%), Fat: 2.23g (3.44%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 17.21g (6.26%), Sugar: 1.6g (1.78%), Cholesterol: 0mg (0%), Sodium: 239.44mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Manganese: 0.6mg (29.76%), Selenium: 11.52µg (16.45%), Vitamin B1: 0.2mg (13.62%), Folate: 37.41µg (9.35%), Fiber: 1.87g (7.46%), Vitamin B3: 1.46mg (7.31%), Phosphorus: 63.55mg (6.36%), Vitamin B2: 0.11mg (6.19%), Iron: 1.1mg (6.11%), Magnesium: 22.33mg (5.58%), Copper: 0.09mg (4.55%), Zinc: 0.48mg (3.22%), Vitamin B6: 0.06mg (3.13%), Potassium: 70.49mg (2.01%), Calcium: 19.74mg (1.97%), Vitamin B5: 0.18mg (1.85%), Vitamin A: 63.98IU (1.28%)