



## Two-Seed Bread Knots

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



109 kcal

### Ingredients

- 3.5 cups bread flour
- 1 egg yolk
- 3 tablespoons olive oil
- 1 teaspoon poppy seeds
- 1.5 teaspoons salt
- 1 tablespoon sesame seed
- 2 tablespoons sugar
- 1 cup warm water (100° to 110°)
- 1 tablespoon water

0.3 ounce rapid-rise yeast

## Equipment

baking sheet

baking paper

oven

mixing bowl

plastic wrap

hand mixer

measuring cup

## Directions

Preheat oven to 20

Combine yeast and 1 cup warm water in a 1-cup liquid measuring cup; let mixture stand 5 minutes.

Combine flour, sugar, and salt in a heavy-duty mixing bowl.

Add yeast mixture and oil. Beat at low speed with an electric mixer 1 minute; beat at medium speed 5 minutes.

Divide dough into 20 equal portions. Shape each portion into a 7-inch rope, and shape into a knot.

Combine egg yolk and 1 tablespoon water; brush over rolls.

Sprinkle with seeds; place on parchment paper-lined baking sheets. Turn oven off, cover rolls loosely with plastic wrap; place in oven, and let rise 15 to 20 minutes or until doubled in bulk.

Remove from oven, and preheat oven to 40

Discard plastic wrap.

Bake at 400 for 15 to 17 minutes or until golden.

## Nutrition Facts



PROTEIN 11.08%  FAT 24.84%  CARBS 64.08%

## Properties

Glycemic Index:8.85, Glycemic Load:11.13, Inflammation Score:-1, Nutrition Score:2.5956521695075%

## Nutrients (% of daily need)

Calories: 109.28kcal (5.46%), Fat: 2.99g (4.61%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 16.68g (6.06%), Sugar: 1.28g (1.42%), Cholesterol: 9.72mg (3.24%), Sodium: 176.23mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Selenium: 9.38µg (13.4%), Manganese: 0.2mg (9.76%), Folate: 17.34µg (4.33%), Vitamin B1: 0.06mg (4.17%), Copper: 0.06mg (3.15%), Phosphorus: 30.81mg (3.08%), Fiber: 0.7g (2.79%), Vitamin E: 0.42mg (2.78%), Vitamin B2: 0.03mg (1.97%), Magnesium: 7.76mg (1.94%), Vitamin B3: 0.38mg (1.9%), Zinc: 0.28mg (1.86%), Iron: 0.32mg (1.75%), Vitamin B5: 0.17mg (1.71%), Vitamin K: 1.34µg (1.27%), Calcium: 11.12mg (1.11%)