



## Two-Seed Potato Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

BREAD

### Ingredients

- 0.8 cup baking potato diced peeled
- 1.5 cups bread flour divided
- 1 tablespoon pumpkinseed kernels unsalted
- 2.3 teaspoons yeast dry
- 1 large egg white
- 3 tablespoons honey
- 1 teaspoon salt
- 1 tablespoon sunflower seed kernels

- 1 tablespoon vegetable oil
- 2 cups water
- 2 cups flour whole-wheat

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- loaf pan
- measuring cup

## Directions

- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine water and potato in a saucepan; bring to a boil. Cook for 15 minutes or until tender.
- Place mixture in a blender; process until smooth. Reserve 1 1/2 cups potato liquid; discard the remaining potato liquid. Cool the potato liquid to warm (100 to 110).
- Combine 1 cup bread flour, potato liquid, and yeast in a large bowl. Cover and let stand at room temperature 1 hour.
- Add whole-wheat flour, honey, oil, and salt to yeast mixture. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent the dough from sticking to hands (the dough will feel tacky).
- Place dough into a 9 x 5-inch loaf pan coated with cooking spray. Cover and let rise 30 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- Preheat oven to 37

- Uncover dough; brush egg white over loaf.
- Sprinkle dough with pumpkin seed and sunflower-seed kernels.
- Bake at 375 for 30 minutes or until loaf sounds hollow when tapped.
- Remove from pan; cool on a wire rack.

## Nutrition Facts



### Properties

Glycemic Index:18.67, Glycemic Load:10.95, Inflammation Score:-3, Nutrition Score:7.9799999717785%

### Nutrients (% of daily need)

Calories: 166.81kcal (8.34%), Fat: 2.39g (3.68%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 29.45g (10.71%), Sugar: 4.59g (5.11%), Cholesterol: 0mg (0%), Sodium: 204.62mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.93%), Manganese: 0.98mg (48.82%), Selenium: 19.69µg (28.13%), Vitamin B1: 0.2mg (13.18%), Fiber: 2.9g (11.6%), Phosphorus: 102.12mg (10.21%), Magnesium: 37.45mg (9.36%), Folate: 31.48µg (7.87%), Vitamin B3: 1.57mg (7.85%), Copper: 0.15mg (7.35%), Vitamin B6: 0.14mg (7.07%), Iron: 1.03mg (5.71%), Zinc: 0.79mg (5.26%), Vitamin B2: 0.09mg (5.11%), Potassium: 147.14mg (4.2%), Vitamin E: 0.59mg (3.95%), Vitamin B5: 0.32mg (3.19%), Vitamin K: 2.68µg (2.55%), Calcium: 13.03mg (1.3%)