



Uncle Bob's Soybean Bread

 Vegetarian  Vegan  Dairy Free

READY IN



350 min.

SERVINGS



6

CALORIES



337 kcal

Ingredients

- 0.3 ounce active yeast dry
- 3 cups bread flour
- 0.5 cup edamame soybeans dried
- 1 tablespoon olive oil
- 2 tablespoons quinoa
- 1.5 teaspoons salt
- 2 cups warm water (110 degrees F)

Equipment

- food processor

- bowl
- oven
- pot
- blender
- plastic wrap
- loaf pan
- slow cooker

Directions

- In a large bowl or crock pot, dissolve yeast and 1 cup flour in water. Cover with plastic wrap or a pot lid and let stand for 2 hours.
- Coarsely grind the soybeans in a food processor or blender. Stir soy beans and 1 cup flour into the yeast mixture.
- Let stand for 2 hours.
- Stir in the salt and remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out of the slow cooker and knead 1 1/2 tablespoons quinoa into the dough. Form into a loaf and place in a lightly greased 9x5 inch loaf pan.
- Sprinkle the remaining quinoa on top of the loaf.
- Brush or drizzle on the olive oil. Cover and let rise until loaf is just above the top of the loaf pan. Meanwhile, preheat oven to 400 degrees F (200 degrees C).
- Bake in preheated oven for 45 minutes, or until loaf sounds hollow when tapped on the bottom.
- Let cool before slicing.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:29.37, Inflammation Score:-5, Nutrition Score:13.348260754881%

Nutrients (% of daily need)

Calories: 337.36kcal (16.87%), Fat: 6.85g (10.54%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 50.05g (18.2%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 587.77mg (25.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.63%), Manganese: 0.99mg (49.53%), Selenium: 28.09µg (40.12%), Folate: 115.46µg (28.87%), Vitamin B1: 0.33mg (22.21%), Copper: 0.42mg (20.9%), Phosphorus: 199.79mg (19.98%), Iron: 3.26mg (18.14%), Magnesium: 70.18mg (17.54%), Fiber: 3.6g (14.42%), Vitamin B2: 0.24mg (13.84%), Potassium: 380.21mg (10.86%), Zinc: 1.55mg (10.3%), Vitamin K: 8.88µg (8.46%), Vitamin B3: 1.43mg (7.13%), Vitamin B6: 0.12mg (6.16%), Vitamin B5: 0.59mg (5.94%), Calcium: 57.73mg (5.77%), Vitamin E: 0.84mg (5.59%), Vitamin C: 0.93mg (1.13%)