



## Very Simple Spelt Bread



Vegetarian



Popular

READY IN



75 min.

SERVINGS



16

CALORIES



309 kcal

### Ingredients



2 teaspoons baking soda



4.3 cups milk



1 tablespoon blackstrap molasses



0.5 teaspoon salt to taste



0.5 cup sesame seed



8 cups rice flour

### Equipment



bowl



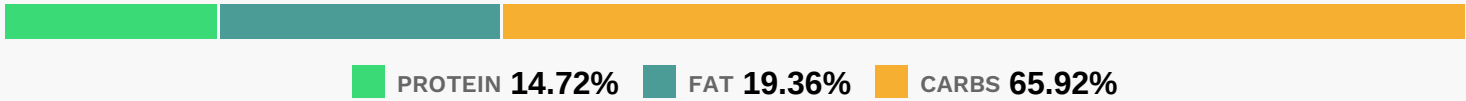
oven

☐ loaf pan

## Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease two 9x5 inch loaf pans.
- ☐ In a large bowl, mix together the spelt flour, sesame seeds, salt, molasses, baking soda and milk until well blended. Divide the batter evenly between the prepared pans.
- ☐ Bake for 1 hour and 10 minutes in the preheated oven, or until golden. Placing a tin of the same size over the top of the loaf while baking gives it a lovely crust.

## Nutrition Facts



## Properties

Glycemic Index:7.31, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:6.3560870043609%

## Nutrients (% of daily need)

Calories: 309.37kcal (15.47%), Fat: 6.4g (9.85%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 40.51g (14.73%), Sugar: 4.07g (4.52%), Cholesterol: 7.78mg (2.59%), Sodium: 237.08mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.91%), Fiber: 8.55g (34.2%), Iron: 3.62mg (20.12%), Calcium: 128.03mg (12.8%), Copper: 0.2mg (9.91%), Phosphorus: 95.33mg (9.53%), Manganese: 0.14mg (6.86%), Magnesium: 27.26mg (6.81%), Vitamin B2: 0.1mg (5.94%), Vitamin B12: 0.35µg (5.83%), Vitamin B1: 0.07mg (4.93%), Vitamin D: 0.71µg (4.75%), Selenium: 3.07µg (4.38%), Vitamin B6: 0.08mg (4.25%), Zinc: 0.63mg (4.22%), Potassium: 137.42mg (3.93%), Vitamin B5: 0.25mg (2.54%), Vitamin A: 105.42IU (2.11%), Vitamin B3: 0.29mg (1.46%), Folate: 4.55µg (1.14%)