



Wheat and Flax Bread

READY IN



215 min.

SERVINGS



16

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup milk
- 0.5 cup water
- 1 tablespoon butter softened
- 1.8 cups flour all-purpose
- 1 teaspoon salt
- 2.3 teaspoons yeast dry
- 3 tablespoons honey
- 1 cup flour whole wheat
- 0.3 cup oats

- 0.3 cup ground flaxseed
- 1 serving butter melted

Equipment

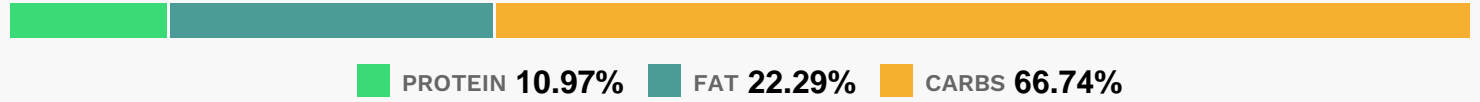
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- plastic wrap
- loaf pan
- hand mixer

Directions

- In 1-quart saucepan, heat milk, water and 1 tablespoon softened butter over medium heat to 120°F to 130°F (butter will not melt). In large bowl, mix 1 1/2 cups of the all-purpose flour, the salt and yeast.
- Add milk mixture and honey. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in whole wheat flour, oats, flaxseed and enough remaining all-purpose flour to make dough easy to handle.
- On lightly floured surface, knead dough about 5 minutes or until smooth and springy. Grease medium bowl with shortening or cooking spray.
- Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap and let rise in warm place 1 to 1 1/2 hours or until double in size. Dough is ready if indentation remains when touched.
- Grease bottom and sides of 8x4-inch loaf pan with shortening or cooking spray. On lightly floured surface, roll dough into 12x8-inch rectangle.
- Roll up rectangle tightly, beginning at 8-inch side. Pinch edge of dough into roll to seal. Pinch each end of roll to seal; fold ends under loaf.
- Place seam side down in pan. Cover and let rise in warm place 45 to 60 minutes or until double in size.

- Heat oven to 375°F. Uncover loaf.
- Bake 30 to 35 minutes or until loaf is golden brown and sounds hollow when tapped.
- Remove from pan to cooling rack.
- Brush top of loaf with melted butter. Cool completely, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:16.39, Glycemic Load:9.87, Inflammation Score:-3, Nutrition Score:5.7839130793253%

Nutrients (% of daily need)

Calories: 123.87kcal (6.19%), Fat: 3.15g (4.85%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 19.11g (6.95%), Sugar: 3.72g (4.14%), Cholesterol: 0.92mg (0.31%), Sodium: 166.7mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Manganese: 0.52mg (26%), Vitamin B1: 0.25mg (16.36%), Selenium: 10.55µg (15.07%), Folate: 41.23µg (10.31%), Fiber: 2.1g (8.4%), Phosphorus: 74.44mg (7.44%), Vitamin B3: 1.46mg (7.28%), Magnesium: 27.86mg (6.97%), Vitamin B2: 0.12mg (6.8%), Iron: 1.13mg (6.3%), Copper: 0.09mg (4.52%), Zinc: 0.52mg (3.44%), Vitamin B6: 0.06mg (3.1%), Potassium: 85.14mg (2.43%), Vitamin B5: 0.23mg (2.3%), Calcium: 22.15mg (2.22%), Vitamin A: 75.63IU (1.51%)