

Wheat Bread with Flax Seed

 Vegetarian

READY IN



245 min.

SERVINGS



24

CALORIES



90 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1 cup bread flour
- 0.8 cup ground flaxseed
- 0.3 cup honey
- 2 tablespoons powdered milk dry
- 1 teaspoon salt
- 1.5 tablespoons vegetable oil
- 1 tablespoon vital wheat gluten

- 1.5 cups water
- 1.3 cups flour whole wheat

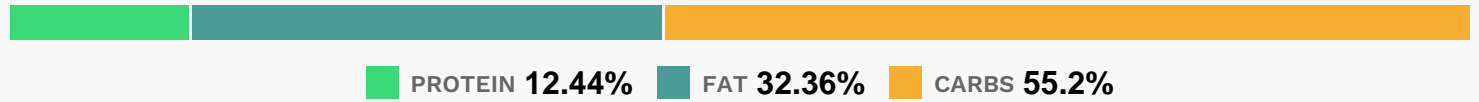
Equipment

- frying pan
- bread machine

Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:8.18, Glycemic Load:4.1, Inflammation Score:-2, Nutrition Score:4.3400000291674%

Nutrients (% of daily need)

Calories: 90.45kcal (4.52%), Fat: 3.4g (5.23%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 10.8g (3.93%), Sugar: 3.26g (3.62%), Cholesterol: 0.61mg (0.2%), Sodium: 102.08mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Manganese: 0.42mg (21.19%), Selenium: 7.5µg (10.72%), Vitamin B1: 0.15mg (10.12%), Fiber: 2.25g (8.99%), Magnesium: 30.47mg (7.62%), Phosphorus: 67.31mg (6.73%), Copper: 0.1mg (5.11%), Folate: 16.03µg (4.01%), Iron: 0.6mg (3.35%), Vitamin B3: 0.64mg (3.21%), Zinc: 0.48mg (3.21%), Vitamin B6: 0.06mg (2.91%), Vitamin B2: 0.04mg (2.48%), Potassium: 81.91mg (2.34%), Calcium: 22.69mg (2.27%), Vitamin K: 1.93µg (1.84%), Vitamin B5: 0.17mg (1.66%), Vitamin E: 0.15mg (1.03%)