



 **66%**  
HEALTH SCORE

## Whole Wheat Seed Bread



Vegetarian



Dairy Free



Very Healthy

READY IN



180 min.

SERVINGS



4

CALORIES



1638 kcal

BREAD

### Ingredients

- 3 tablespoons active yeast dry
- 0.8 cup cracked wheat
- 2 eggs beaten
- 0.5 cup ground flax seed
- 0.5 cup honey
- 3 tablespoons juice of lemon
- 0.5 cup blackstrap molasses
- 1 cup cooking oats quick

- 1 tablespoon sea salt
- 0.5 cup sunflower seeds
- 0.3 cup apple sauce unsweetened
- 0.5 cup vegetable oil
- 3.5 cups warm water
- 9 cups flour whole wheat sifted

## Equipment

- bowl
- frying pan
- oven
- loaf pan

## Directions

- Stir together the 1/2 cup water and applesauce in a small bowl. Dissolve the yeast in the mixture, let stand until creamy, about 5 minutes.
- Pour the yeast mixture into a large bowl with 3 1/2 cups of warm water, honey, molasses, vegetable oil, lemon juice, and eggs; stir together to combine well.
- In a separate bowl, combine the whole wheat flour, flax seed, sunflower seeds, cracked wheat, and salt. Stir the flour mixture into the yeast mixture until a smooth dough forms. Knead on a lightly floured surface until smooth and elastic, about 10 minutes.
- Place in a lightly oiled bowl and cover; let rise in a warm place until doubled in volume, about 1 hour.
- Lightly grease four 9x5 inch loaf pans. Punch down dough, shape into loaves, and place in the pans. Allow to rise in pans until doubled in bulk, about 1 hour.
- Preheat oven to 375 degrees F (190 degrees C).
- Bake 40 to 50 minutes, or until the loaves sound hollow when removed from the pan and tapped on the bottom.

## Nutrition Facts



■ PROTEIN 12.12% ■ FAT 17.69% ■ CARBS 70.19%

## Properties

Glycemic Index:53.32, Glycemic Load:40.28, Inflammation Score:-10, Nutrition Score:59.18173936139%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 1637.8kcal (81.89%), Fat: 34.33g (52.81%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 306.47g (102.16%), Net Carbohydrates: 264.46g (96.17%), Sugar: 70.68g (78.53%), Cholesterol: 81.84mg (27.28%), Sodium: 1818.55mg (79.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.93g (105.87%), Manganese: 13.38mg (669.02%), Selenium: 202.61µg (289.45%), Fiber: 42.01g (168.04%), Magnesium: 667.92mg (166.98%), Vitamin B1: 2.4mg (160.32%), Phosphorus: 1462.36mg (146.24%), Copper: 2.02mg (100.93%), Vitamin B6: 1.82mg (91.23%), Iron: 16.29mg (90.47%), Vitamin B3: 17.26mg (86.28%), Zinc: 10.15mg (67.66%), Folate: 264.96µg (66.24%), Potassium: 2148.88mg (61.4%), Vitamin E: 8.74mg (58.25%), Vitamin B2: 0.81mg (47.46%), Vitamin B5: 3.29mg (32.91%), Calcium: 276.29mg (27.63%), Vitamin K: 16.84µg (16.04%), Vitamin C: 5.13mg (6.22%), Vitamin B12: 0.2µg (3.3%), Vitamin A: 158.05IU (3.16%), Vitamin D: 0.44µg (2.93%)