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Nine Grain Bagel ♦

A delicious and hearty bagel made with nine different grains. Perfect for breakfast or a quick snack.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

250 g	Whole Wheat Flour
250 g	Bread Flour
7 g	yeast
20 g	honey
7 g	salt
300 ml	Water

50 g	Rolled Oats
50 g	Flaxseeds
50 g	Sunflower Seeds
50 g	Sesame Seeds
50 g	Poppy Seeds
50 g	Chia Seeds
50 g	millet
50 g	Quinoa
50 g	Buckwheat

Directions

Step 1

Mixing

In a large bowl, combine the whole wheat flour, bread flour, yeast, honey, salt, and water. Mix until well combined.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Resting

Knead the dough on a lightly floured surface for about 5 minutes, or until smooth and elastic. Place the dough in a greased bowl, cover with a clean towel, and let it rise for 1

hour.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Shaping

Punch down the dough and divide it into 10 equal pieces. Shape each piece into a bagel shape by rolling it into a ball and poking a hole in the center with your thumb. Stretch the hole to about 1 inch in diameter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Boiling

Bring a large pot of water to a boil. Boil the bagels for 1 minute on each side. Remove them from the water and place them on a greased baking sheet.

Prep Time: 5 mins

Cook Time: 2 mins

Step 6

Sprinkling

Sprinkle the bagels with rolled oats, flaxseeds, sunflower seeds, sesame seeds, poppy seeds, chia seeds, millets, quinoa, and buckwheat. Press the seeds and grains gently into the dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Baking

Bake the bagels in the preheated oven for 20 minutes, or until golden brown. Remove them from the oven and let them cool on a wire rack.

Prep Time: 0 mins

Cook Time: 20 mins

Nutrition Facts

Calories: 250 kcal

Fat: 2 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Snack

Difficulty Level

Medium

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