

Basic Rye Bread

 Vegetarian  Vegan  Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



52 kcal

BREAD

Ingredients

- 2 teaspoons bread machine yeast
- 3 tablespoons brown sugar packed
- 0.8 teaspoon caraway seeds
- 2 cups flour all-purpose
- 2 tablespoons blackstrap molasses
- 1.5 cups rye flour
- 1 teaspoon salt
- 1 tablespoon cocoa powder unsweetened

1 tablespoon vegetable oil

1.1 cups water

Equipment

bread machine

Directions

Add ingredients according to bread machine's manufacturer's directions.

Use the whole wheat and light crust settings.

Nutrition Facts

 **PROTEIN 10.12%** **FAT 9.57%** **CARBS 80.31%**

Properties

Glycemic Index:3.31, Glycemic Load:4.2, Inflammation Score:-1, Nutrition Score:2.1817391466997%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.82kcal (2.59%), Fat: 0.56g (0.86%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 9.7g (3.53%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 66.06mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Manganese: 0.17mg (8.72%), Vitamin B1: 0.1mg (6.5%), Folate: 20.62µg (5.15%), Selenium: 3.22µg (4.6%), Fiber: 0.83g (3.32%), Vitamin B3: 0.61mg (3.05%), Vitamin B2: 0.05mg (2.98%), Iron: 0.52mg (2.9%), Phosphorus: 20.45mg (2.04%), Magnesium: 8.01mg (2%), Copper: 0.04mg (1.9%), Vitamin B6: 0.03mg (1.34%), Potassium: 46.18mg (1.32%), Zinc: 0.18mg (1.19%)