



Beer Rye Bread

 Vegetarian

READY IN



210 min.

SERVINGS



3

CALORIES



1149 kcal

BREAD

Ingredients

- ☐ 2 tablespoons active yeast dry
- ☐ 12 oz ale dark fruity belgian-style (such as New Belgium's Abbey)
- ☐ 0.3 cup butter melted
- ☐ 1.5 tablespoons caraway seeds
- ☐ 1 tablespoon coarse kosher salt
- ☐ 1 egg wash with 1 tbsp. water) beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons brown sugar light

- ☐ 0.3 cup blackstrap molasses (not blackstrap)
- ☐ 2 cups rye flour
- ☐ 2 cups flour whole-wheat

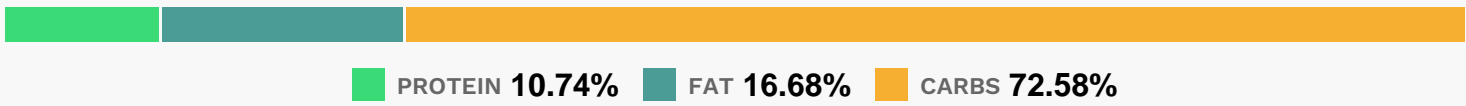
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, combine yeast with 1/2 cup warm water.
- ☐ Let stand 5 minutes. Stir in beer, brown sugar, butter, caraway seeds, molasses, 2 tsp. salt, and 1 cup of each flour. Beat well, then gradually add remaining flours until dough is stiff and no longer sticky.
- ☐ Turn dough out on a lightly floured work surface and knead until smooth and elastic. Put dough in a lightly oiled bowl, turning once to grease the top and bottom. Cover, put in a warm, draft-free place, and let rise until doubled in bulk, 1 to 1 1/2 hours.
- ☐ Punch down dough, divide in half, and shape halves into balls. Put balls on a large baking sheet, cover, and let rise until almost doubled, 45 to 60 minutes.
- ☐ Brush loaves with egg wash and sprinkle each with 1/2 tsp. salt.
- ☐ Bake at 375 for 35 to 40 minutes, or until crusts are well browned and loaves make a hollow sound when tapped.
- ☐ Transfer loaves to rack and let cool.

Nutrition Facts



Properties

Glycemic Index:69.83, Glycemic Load:56.87, Inflammation Score:-9, Nutrition Score:42.57260890629%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 1148.52kcal (57.43%), Fat: 21.26g (32.7%), Saturated Fat: 10.83g (67.68%), Carbohydrates: 208.02g (69.34%), Net Carbohydrates: 187.33g (68.12%), Sugar: 30.12g (33.47%), Cholesterol: 95.23mg (31.74%), Sodium: 2491.6mg (108.33%), Alcohol: 4.42g (100%), Alcohol %: 1.32% (100%), Protein: 30.79g (61.57%), Manganese: 5.96mg (298.17%), Selenium: 98.53µg (140.76%), Vitamin B1: 1.58mg (105.32%), Fiber: 20.69g (82.77%), Folate: 287.86µg (71.97%), Magnesium: 257.64mg (64.41%), Phosphorus: 621.11mg (62.11%), Vitamin B3: 12.11mg (60.55%), Iron: 10.7mg (59.47%), Vitamin B2: 0.84mg (49.51%), Copper: 0.87mg (43.53%), Vitamin B6: 0.86mg (43.22%), Potassium: 1176.42mg (33.61%), Zinc: 4.82mg (32.15%), Vitamin B5: 2.07mg (20.7%), Calcium: 160.43mg (16.04%), Vitamin E: 2.26mg (15.06%), Vitamin A: 570.02IU (11.4%), Vitamin K: 7.16µg (6.82%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.29µg (1.96%)