



Best Ever Pumpernickel Loaf



Vegetarian



Vegan



Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



284 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1.5 cups bread flour plus more for kneading
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup cornmeal
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup rye flour
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 2 tablespoons vital wheat gluten
- ☐ 1.5 cups warm water
- ☐ 1 cup flour whole-wheat

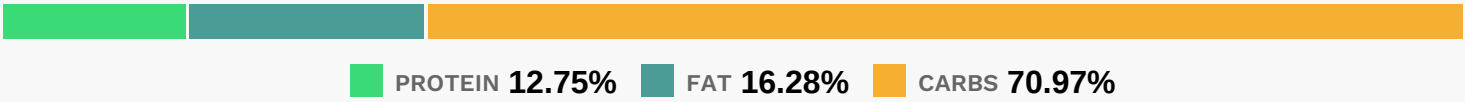
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ Stir warm water, molasses, and yeast together in the bowl of a stand mixer.
- ☐ Let stand until the yeast softens and begins to form a creamy foam, about 5 minutes.
- ☐ Add canola oil.
- ☐ Mix bread flour, whole-wheat flour, rye flour, cornmeal, cocoa powder, vital wheat gluten, and salt in a bowl.
- ☐ Add slowly to yeast mixture. Fit the mixer with the dough hook attachment; turn to medium speed and let dough mix for 15 minutes.
- ☐ Turn dough onto a floured surface; knead by hand until no longer sticky, but smooth and elastic, adding more flour as needed, 3 to 5 minutes. Grease a large bowl.
- ☐ Transfer dough to greased bowl, turning to coat dough on all sides. Cover bowl; let rise in a warm area until doubles in size, 30 minutes. Grease a loaf pan.
- ☐ Punch dough down and transfer to greased loaf pan. Cover and let rise in a warm area for 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake in preheated oven until loaf sounds hollow when tapped, 40 to 50 minutes. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.44, Glycemic Load:17.36, Inflammation Score:-4, Nutrition Score:12.419999953926%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 284.36kcal (14.22%), Fat: 5.34g (8.21%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 46.8g (17.02%), Sugar: 8.29g (9.21%), Cholesterol: 0mg (0%), Sodium: 299.76mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.18mg (2.06%), Protein: 9.4g (18.81%), Manganese: 1.41mg (70.67%), Selenium: 24.03µg (34.33%), Fiber: 5.54g (22.16%), Magnesium: 81.92mg (20.48%), Vitamin B1: 0.25mg (16.96%), Copper: 0.33mg (16.54%), Phosphorus: 154.36mg (15.44%), Iron: 2.28mg (12.68%), Vitamin B6: 0.23mg (11.5%), Folate: 42.51µg (10.63%), Potassium: 352.28mg (10.07%), Vitamin B3: 1.87mg (9.37%), Zinc: 1.38mg (9.2%), Vitamin E: 1.02mg (6.82%), Vitamin B2: 0.1mg (5.98%), Vitamin B5: 0.51mg (5.06%), Calcium: 42.07mg (4.21%), Vitamin K: 3.69µg (3.51%)