



Bread Machine Caraway-Rye Bread

READY IN



230 min.

SERVINGS



12

CALORIES



128 kcal

Ingredients

- 1 cup water
- 1 tablespoon butter softened
- 2.5 cups yukon gold potatoes for flour
- 0.8 cup rye flour
- 2 tablespoons skim milk powder dry instant
- 2 tablespoons sugar
- 1.5 teaspoons salt
- 0.8 teaspoon caraway seeds
- 2.3 teaspoons yeast dry quick
- 3 oz cream cheese softened

- 2 tablespoons milk
- 2 oz swiss cheese shredded finely
- 1 tablespoon chives fresh chopped

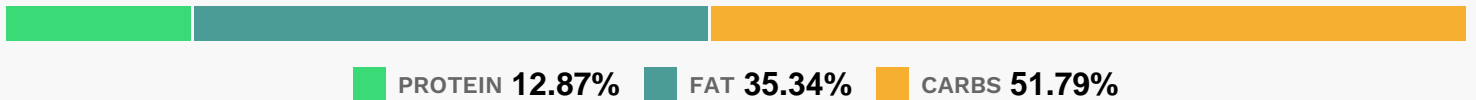
Equipment

- bowl
- frying pan
- wire rack
- bread machine

Directions

- Measure carefully, placing all bread ingredients in bread machine pan in the order recommended by the manufacturer.
- Select Basic/White cycle. Use Medium or Light crust color.
- Remove baked bread from pan; cool on cooling rack.
- In small bowl, mix cream cheese and milk until blended. Stir in Swiss cheese and chives.
- Serve spread with bread. Store spread in refrigerator.

Nutrition Facts



Properties

Glycemic Index:24.24, Glycemic Load:7.87, Inflammation Score:-3, Nutrition Score:5.6882609128952%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 128.08kcal (6.4%), Fat: 5.14g (7.91%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 14.91g (5.42%), Sugar: 3.49g (3.88%), Cholesterol: 12.1mg (4.03%), Sodium: 344.74mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Vitamin C: 9.97mg (12.09%), Manganese: 0.24mg

(11.79%), Phosphorus: 96.61mg (9.66%), Vitamin B6: 0.19mg (9.27%), Vitamin B1: 0.13mg (8.76%), Fiber: 2.05g (8.19%), Potassium: 278.77mg (7.96%), Calcium: 77.6mg (7.76%), Folate: 25.68µg (6.42%), Vitamin B2: 0.1mg (5.96%), Selenium: 3.56µg (5.09%), Magnesium: 20.21mg (5.05%), Vitamin B3: 0.89mg (4.47%), Vitamin A: 219.74IU (4.39%), Copper: 0.09mg (4.3%), Zinc: 0.64mg (4.28%), Vitamin B12: 0.22µg (3.73%), Vitamin B5: 0.37mg (3.72%), Iron: 0.6mg (3.36%), Vitamin K: 2.07µg (1.97%), Vitamin E: 0.23mg (1.51%), Vitamin D: 0.17µg (1.1%)