







Bread Machine Pumpernickel Bread

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



235 min.

SERVINGS



36

CALORIES



58 kcal

BREAD

Ingredients

- 1.5 cups bread flour
- 2.5 teaspoons bread machine yeast
- 1 tablespoon caraway seed
- 3 tablespoons cocoa
- 0.3 cup blackstrap molasses
- 1 cup rye flour
- 1.5 teaspoons salt
- 1.5 tablespoons vegetable oil

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

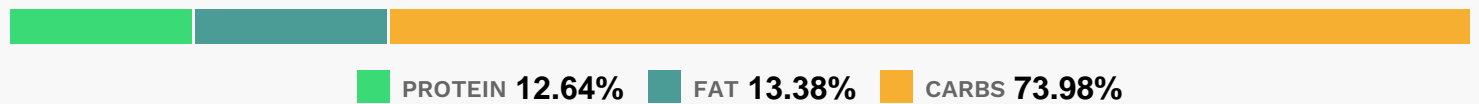
Equipment

- frying pan
- bread machine

Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Basic cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:2.8073913012834%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 58.09kcal (2.9%), Fat: 0.9g (1.38%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 10.03g (3.65%), Sugar: 2.4g (2.67%), Cholesterol: 0mg (0%), Sodium: 99.05mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Manganese: 0.31mg (15.62%), Selenium: 5.35µg (7.64%), Vitamin B1: 0.07mg (4.6%), Magnesium: 18.07mg (4.52%), Fiber: 1.13g (4.51%), Copper: 0.07mg (3.42%), Phosphorus: 31.45mg (3.15%), Folate: 12.31µg (3.08%), Iron: 0.5mg (2.77%), Vitamin B6: 0.05mg (2.51%), Potassium: 85.71mg (2.45%), Vitamin B3: 0.45mg (2.24%), Zinc: 0.27mg (1.8%), Vitamin B2: 0.03mg (1.6%), Vitamin B5: 0.13mg (1.29%), Vitamin K: 1.3µg (1.24%), Calcium: 11.59mg (1.16%)