



Bread Machine Pumpernickel Bread



Vegetarian



Vegan



Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



139 kcal

Ingredients

- ☐ 1 teaspoon yeast dry quick
- ☐ 3 tablespoons cocoa powder
- ☐ 1 tablespoon caraway seeds
- ☐ 1 cup flour whole wheat
- ☐ 1.5 teaspoons coffee dry instant ()
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup rye flour
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons vegetable oil

- ☐ 1 cup water
- ☐ 1.5 cups yukon gold potatoes for flour

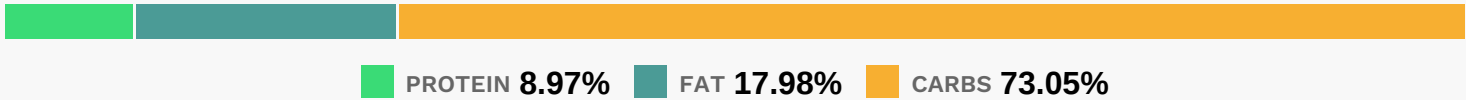
Equipment

- ☐ frying pan
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.
- ☐ Select Whole Wheat or Basic/White cycle. Use Medium or Light crust color.
- ☐ Remove bread from pan, and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:10.65, Glycemic Load:6.86, Inflammation Score:-3, Nutrition Score:7.9143476826341%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 139.42kcal (6.97%), Fat: 2.95g (4.53%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 23.5g (8.54%), Sugar: 7.38g (8.2%), Cholesterol: 0mg (0%), Sodium: 297.8mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 3.31g (6.61%), Manganese: 0.86mg (42.92%), Magnesium: 56.79mg (14.2%), Fiber: 3.45g (13.78%), Selenium: 9.44µg (13.48%), Vitamin B6: 0.22mg (11.03%), Potassium: 361.98mg (10.34%), Copper: 0.2mg (10.16%), Vitamin B1: 0.13mg (8.9%), Phosphorus: 88.63mg (8.86%), Iron: 1.52mg (8.43%), Vitamin C: 5.93mg (7.19%), Vitamin B3: 1.23mg (6.13%), Vitamin K: 5.46µg (5.2%), Folate: 18.54µg (4.63%), Zinc: 0.69mg (4.62%), Calcium: 34.25mg (3.42%), Vitamin B5: 0.3mg (3.03%), Vitamin B2: 0.05mg (3.01%), Vitamin E: 0.39mg (2.63%)