



Bread Machine Pumpernickel Bread



Vegetarian



Vegan



Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



174 kcal

BREAD

Ingredients

- ☐ 1 teaspoon yeast dry quick
- ☐ 3 tablespoons cocoa powder
- ☐ 1 tablespoon caraway seeds
- ☐ 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 cup flour whole wheat gold medal®
- ☐ 1.5 cups flour for flour gold medal®

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:9.92, Glycemic Load:11.7, Inflammation Score:-4, Nutrition Score:8.6039130449619%

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 Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 173.52kcal (8.68%), Fat: 3.07g (4.73%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 30.48g (11.08%), Sugar: 7.19g (7.99%), Cholesterol: 0mg (0%), Sodium: 296.34mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 4.32g (8.65%), Manganese: 0.92mg (45.98%), Selenium: 14.64µg (20.92%), Vitamin B1: 0.23mg (15.5%), Magnesium: 53.43mg (13.36%), Fiber: 3.22g (12.87%), Iron: 2.01mg (11.18%), Folate: 42.4µg (10.6%), Copper: 0.19mg (9.69%), Vitamin B3: 1.84mg (9.18%), Phosphorus: 88.65mg (8.86%), Potassium: 254.2mg (7.26%), Vitamin B6: 0.14mg (7.01%), Vitamin B2: 0.12mg (7%), Zinc: 0.72mg (4.78%), Vitamin K: 4.94µg (4.71%), Calcium: 33.04mg (3.3%), Vitamin B5: 0.28mg (2.84%), Vitamin E: 0.4mg (2.67%)