



Brown Beer Rye Bread

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



110 kcal

BREAD

Ingredients

- ☐ 4.5 ounces rye flour red such as bob's mill stone-ground
- ☐ 0.8 cup beer (100° to 110°)
- ☐ 1 tablespoon caraway seeds
- ☐ 4.5 teaspoons yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg whites lightly beaten
- ☐ 12.3 ounces flour all-purpose divided
- ☐ 0.5 cup yogurt plain low-fat

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 1.1 teaspoons sugar divided
- ☐ 1 teaspoon water
- ☐ 1 tablespoon vinegar white

Equipment

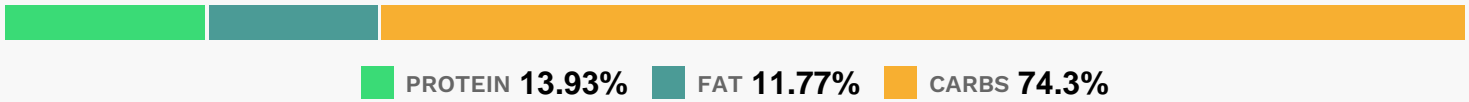
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion; saut 4 minutes or until golden brown. Cool.
- ☐ Dissolve 1/8 teaspoon sugar and yeast in warm beer; let stand 5 minutes. Stir in yogurt, vinegar, caraway seeds, and salt.
- ☐ Add remaining 1 teaspoon sugar and egg; stir with a whisk until combined.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 2 1/2 cups all-purpose flour and rye flour to yeast mixture; stir until a soft dough forms. Stir in onion mixture. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ☐ Shape dough into a 12-inch oval loaf on a lightly floured surface.
- ☐ Place loaf on a baking sheet lined with parchment paper. Lightly coat surface of loaf with cooking spray. Cover with plastic wrap; let rise 30 minutes or until doubled in size.
- ☐ Preheat oven to 40
- ☐ Combine 1 teaspoon water and egg white in a small bowl. Gently brush egg white mixture over surface of loaf.
- ☐ Bake at 400 for 28 minutes or until loaf is golden brown and sounds hollow when tapped, and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:10.02, Inflammation Score:-3, Nutrition Score:4.9413043299447%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 110.07kcal (5.5%), Fat: 1.41g (2.16%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 18.37g (6.68%), Sugar: 0.97g (1.07%), Cholesterol: 9.67mg (3.22%), Sodium: 186.43mg (8.11%), Alcohol: 0.35g (100%), Alcohol %: 0.87% (100%), Protein: 3.74g (7.49%), Vitamin B1: 0.24mg (15.98%), Manganese: 0.29mg (14.35%), Folate: 53.78µg (13.44%), Selenium: 8.32µg (11.88%), Vitamin B2: 0.16mg (9.29%), Vitamin B3: 1.5mg (7.48%), Fiber: 1.6g (6.38%), Iron: 1.1mg (6.13%), Phosphorus: 55.84mg (5.58%), Vitamin B5: 0.29mg (2.89%), Magnesium: 11.49mg (2.87%), Copper: 0.06mg (2.86%), Zinc: 0.43mg (2.86%), Vitamin B6: 0.05mg (2.63%), Potassium: 82.06mg (2.34%), Calcium: 20.6mg (2.06%), Vitamin E: 0.24mg (1.59%)