



Buttermilk Rye Bread

 Vegetarian

READY IN



75 min.

SERVINGS



24

CALORIES



80 kcal

Ingredients

- 2 teaspoons active yeast dry
- 2.3 cups bread flour
- 1 teaspoon caraway seed
- 2 tablespoons honey
- 0.3 cup potato flakes dry
- 2 tablespoons powdered buttermilk
- 1 cup rye flour
- 1 teaspoon salt
- 2 tablespoons vegetable oil

1.5 tablespoons vinegar

1.3 cups water

Equipment

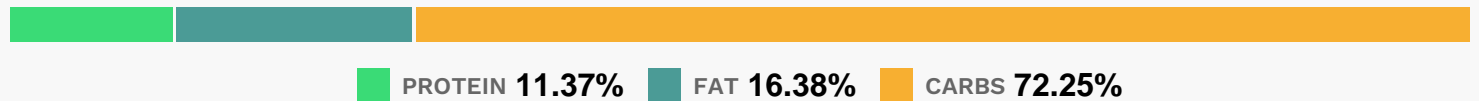
frying pan

bread machine

Directions

Place the ingredients into the pan of the bread machine in the order suggested by the manufacturer: Select the Basic or White Bread setting, and Start.

Nutrition Facts



Properties

Glycemic Index:7.05, Glycemic Load:6.46, Inflammation Score:-1, Nutrition Score:2.3173913172568%

Nutrients (% of daily need)

Calories: 80.23kcal (4.01%), Fat: 1.46g (2.25%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 13.58g (4.94%), Sugar: 1.8g (1.99%), Cholesterol: 0.34mg (0.12%), Sodium: 101.57mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Manganese: 0.2mg (10.22%), Selenium: 5.7µg (8.14%), Vitamin B1: 0.06mg (4.06%), Fiber: 0.95g (3.81%), Folate: 12.18µg (3.05%), Phosphorus: 29.55mg (2.96%), Vitamin K: 2.45µg (2.33%), Copper: 0.04mg (2.14%), Vitamin B2: 0.03mg (1.9%), Magnesium: 7.35mg (1.84%), Vitamin B3: 0.36mg (1.8%), Zinc: 0.25mg (1.68%), Vitamin B5: 0.14mg (1.44%), Iron: 0.26mg (1.43%), Potassium: 49.71mg (1.42%), Vitamin B6: 0.03mg (1.42%), Vitamin E: 0.2mg (1.37%), Calcium: 10.26mg (1.03%)