



Caraway-Raisin Whole Wheat Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

BREAD

Ingredients



1 teaspoon caraway seeds



2.3 teaspoons yeast dry



2 cups flour all-purpose



1 tablespoon blackstrap molasses



0.5 cup raisins



1 teaspoon salt



1 tablespoon vegetable oil



1 cup warm water (100° to 110°)

☐ 0.8 cup flour whole wheat

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ knife

☐ wire rack

☐ loaf pan

☐ measuring cup

Directions

☐ Dissolve yeast and molasses in warm water in a small bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife.

☐ Combine flours.

☐ Add raisins, caraway seeds, and salt to flour mixture.

☐ Combine yeast mixture, flour mixture, and oil in a large bowl; stir until a soft dough forms.

☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic.

☐ 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; roll into a 13 x 6- inch rectangle on a lightly floured surface.

☐ Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.

☐ Place roll, seam side down, in an 8 x 4- inch loaf pan coated with cooking spray. Cover and let rise 35 minutes or until doubled in size.

☐ Preheat oven to 37

☐ Bake at 375 for 32 minutes or until loaf sounds hollow when tapped.

☐ Remove from pan; cool on a wire rack.

Nutrition Facts



 **PROTEIN 10.23%**  **FAT 10.52%**  **CARBS 79.25%**

Properties

Glycemic Index:14.82, Glycemic Load:14.6, Inflammation Score:-3, Nutrition Score:6.1873912853391%

Nutrients (% of daily need)

Calories: 136.52kcal (6.83%), Fat: 1.63g (2.5%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 25.61g (9.31%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 197.98mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Manganese: 0.49mg (24.66%), Vitamin B1: 0.27mg (18.23%), Selenium: 12.1µg (17.28%), Folate: 55.27µg (13.82%), Vitamin B3: 1.93mg (9.63%), Vitamin B2: 0.15mg (8.84%), Iron: 1.51mg (8.41%), Fiber: 2g (7.98%), Phosphorus: 58.99mg (5.9%), Magnesium: 21.65mg (5.41%), Copper: 0.09mg (4.72%), Potassium: 131.56mg (3.76%), Vitamin B6: 0.07mg (3.58%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.23mg (2.31%), Vitamin K: 2.29µg (2.18%), Calcium: 12.82mg (1.28%), Vitamin E: 0.16mg (1.08%)