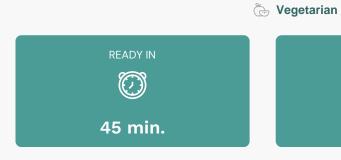


Caraway-Raisin Whole Wheat Bread

Dairy Free







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°)

Ш	0.8 cup nour whole wheat
Equipment	
	bowl
	frying pan
	oven
	knife
	wire rack
	loaf pan
	measuring cup
Di	rections
	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

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: Omg (0%), Sodium: 197.98mg (8.61%), Alcohol: Og (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%)