



Caraway Rye Bread

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



137 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 3 tablespoons butter melted
- 1 tablespoon caraway seeds
- 1.5 cups flour all-purpose
- 3 tablespoons blackstrap molasses
- 1 cup rye flour
- 1 teaspoon salt
- 1.5 cups water divided (110° to 115°)

1.5 cups flour whole wheat

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, dissolve yeast in 1/2 cup water.

Add molasses, butter, caraway, salt and remaining water; mix well.

Combine flours; add 3 cups to batter. Beat until smooth.

Add enough remaining flour to form a firm dough.

Turn onto a floured surface; knead until smooth and elastic, 6–8 minutes.

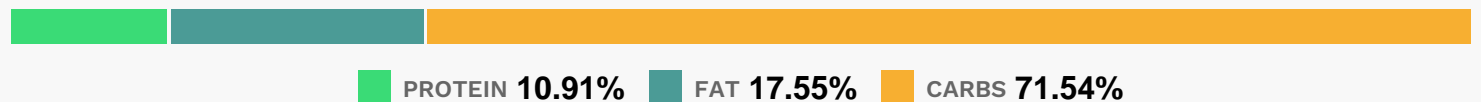
Place in greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down; shape into a round loaf.

Place on a greased baking sheet. Cover and let rise until doubled, about 30 minutes.

Bake at 375° for 20–25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:7.7, Inflammation Score:-3, Nutrition Score:7.1486957095887%

Nutrients (% of daily need)

Calories: 136.98kcal (6.85%), Fat: 2.75g (4.23%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 22.55g (8.2%), Sugar: 2.95g (3.28%), Cholesterol: 5.64mg (1.88%), Sodium: 165.82mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Manganese: 0.76mg (37.83%), Selenium: 12.65µg (18.08%), Vitamin B1: 0.27mg (17.82%), Folate: 49.41µg (12.35%), Fiber: 2.65g (10.61%), Vitamin B3: 1.77mg (8.83%), Magnesium: 32.81mg (8.2%), Phosphorus: 76.73mg (7.67%), Iron: 1.37mg (7.61%), Vitamin B2: 0.12mg (7.15%), Copper: 0.11mg (5.67%), Vitamin B6: 0.11mg (5.39%), Potassium: 146.16mg (4.18%), Zinc: 0.62mg (4.13%), Vitamin B5:

0.3mg (3.03%), Calcium: 19.04mg (1.9%), Vitamin E: 0.25mg (1.66%), Vitamin A: 67.97IU (1.36%)