



Caraway Rye Bread (for the bread machine)

 Vegetarian

READY IN



250 min.

SERVINGS



8

CALORIES



237 kcal

BREAD

Ingredients

- 1.8 teaspoons active yeast dry
- 1.8 cups bread flour
- 2 tablespoons brown sugar
- 2 tablespoons butter
- 1.5 tablespoons caraway seeds
- 2 tablespoons milk powder dry
- 2 tablespoons blackstrap molasses
- 0.8 cup rye flour

- 1 teaspoon salt
- 1.3 cups water lukewarm (100 degrees F/38 degrees C)
- 0.8 cup flour whole wheat

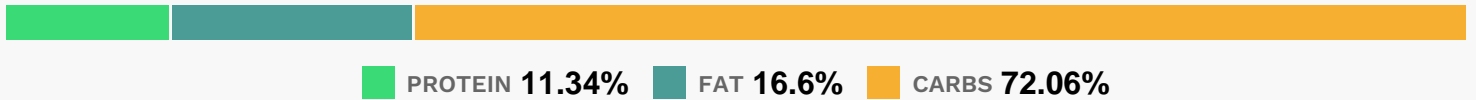
Equipment

- frying pan
- bread machine

Directions

- Put lukewarm water, milk powder, salt, brown sugar, molasses, butter, whole wheat flour, bread flour, rye flour, caraway seeds, and yeast into the pan of a bread machine in the order suggested by the manufacturer. Select the Grain setting and 2-pound loaf size.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:14.82, Inflammation Score:-4, Nutrition Score:8.9313043394814%

Nutrients (% of daily need)

Calories: 236.59kcal (11.83%), Fat: 4.44g (6.83%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 39.78g (14.47%), Sugar: 7.61g (8.46%), Cholesterol: 9.34mg (3.11%), Sodium: 326.19mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Manganese: 1mg (50.07%), Selenium: 20.64µg (29.49%), Fiber: 3.6g (14.4%), Vitamin B1: 0.19mg (12.83%), Phosphorus: 115.99mg (11.6%), Magnesium: 45.95mg (11.49%), Copper: 0.17mg (8.71%), Folate: 34.09µg (8.52%), Iron: 1.36mg (7.56%), Vitamin B3: 1.37mg (6.87%), Vitamin B6: 0.14mg (6.81%), Potassium: 228.47mg (6.53%), Zinc: 0.93mg (6.23%), Vitamin B2: 0.1mg (5.95%), Calcium: 50.15mg (5.01%), Vitamin B5: 0.42mg (4.17%), Vitamin E: 0.45mg (2.97%), Vitamin A: 110.62IU (2.21%), Vitamin D: 0.2µg (1.31%), Vitamin B12: 0.07µg (1.12%), Vitamin K: 1.15µg (1.09%)