



Classic Rye Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



225 kcal

BREAD

Ingredients

- 1 tablespoon yeast dry (two)
- 2.3 cups water (110 degrees)
- 3 tablespoons honey
- 4 tablespoons butter unsalted melted plus more for bowl, pans, and brushing
- 2.5 cups rye flour
- 4.5 cups flour all-purpose plus more for surface and dusting
- 2 tablespoons coarse salt
- 2 tablespoons caraway seeds plus more for sprinkling on top

- 1 egg whites

Equipment

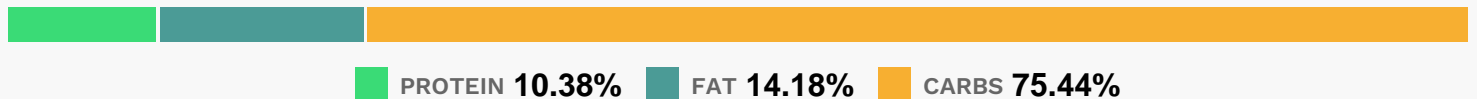
- bowl
- frying pan
- oven
- whisk
- blender
- plastic wrap
- loaf pan

Directions

- Sprinkle yeast over 1/2 cup water.
- Add 2 teaspoons honey.
- Whisk until yeast dissolves.
- Let stand until foamy, about 5 minutes.
- Transfer to the bowl of a mixer fitted with the paddle or dough-hook attachment.
- Add butter and remaining 1 3/4 cups water and 3 tablespoons honey.
- Whisk flour with salt; add 3 cups to yeast.
- Mix on low speed until smooth.
- Mix in 2 tablespoons caraway seeds.
- Add remaining 4 cups flour, 1 cup at a time, mixing until dough comes away from sides of bowl and forms a ragged, slightly sticky ball. Butter a large bowl.
- Knead dough on a floured surface until smooth and elastic but still slightly tacky, about 5 minutes. Shape into a ball.
- Transfer to prepared bowl; cover with plastic wrap.
- Let dough stand in a warm place until it doubles in volume (it should not spring back when pressed), about 1 hour. Butter two 4 1/2-by-8 1/2-inch loaf pans. Punch down dough; divide in half.

- Shape 1 dough half into an 8 1/2-inch-long rectangle (about 1/2 inch thick). Fold long sides of dough in to middle, overlapping slightly. Press seam to seal.
- Transfer dough, seam side down, to pan. Repeat with remaining dough.
- Brush tops of loaves with egg wash (beaten egg white mixed with water), and sprinkle with caraway seeds. Preheat oven to 450 degrees. Drape loaves with plastic.
- Let stand until dough rises about 1 inch above tops of pans, 45 minutes to 1 hour. Reduce oven temperature to 400 degrees.
- Bake, rotating pans after 20 minutes, until tops are golden brown, about 45 minutes.
- Transfer to wire racks.
- Let cool slightly; turn out loaves.
- Let cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:21.1, Inflammation Score:-3, Nutrition Score:8.1065217593442%

Nutrients (% of daily need)

Calories: 224.94kcal (11.25%), Fat: 3.56g (5.47%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 39.4g (14.33%), Sugar: 3.52g (3.91%), Cholesterol: 7.53mg (2.51%), Sodium: 878.65mg (38.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Manganese: 0.64mg (32.02%), Vitamin B1: 0.35mg (23.49%), Selenium: 14.77µg (21.1%), Folate: 75.94µg (18.98%), Fiber: 3.19g (12.76%), Vitamin B2: 0.22mg (12.68%), Vitamin B3: 2.49mg (12.43%), Iron: 2.19mg (12.16%), Phosphorus: 80.96mg (8.1%), Copper: 0.12mg (5.99%), Magnesium: 20.56mg (5.14%), Zinc: 0.67mg (4.47%), Potassium: 115.87mg (3.31%), Vitamin B6: 0.07mg (3.29%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.35mg (2.33%), Vitamin A: 90.19IU (1.8%), Calcium: 17.09mg (1.71%), Vitamin K: 1.29µg (1.23%)