

Corned Beef Rye Bread

READY IN



190 min.

SERVINGS



16

CALORIES



145 kcal

Ingredients

- 2 teaspoons yeast dry
- 2.3 cups bread flour
- 2 tablespoons butter softened
- 0.5 teaspoon caraway seeds
- 2.5 ounces corned beef ribs chopped
- 0.3 cup blackstrap molasses
- 1.3 cups rye flour
- 1 teaspoon salt
- 1 tablespoon sugar
- 0.5 cup swiss cheese shredded

1 cup water (70° to 80°)

Equipment

oven

bread machine

Directions

In bread machine pan, place the first nine ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.

Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

Just before the final kneading (your machine may audibly signal this), add the Swiss cheese and corned beef. Refrigerate leftovers.

Nutrition Facts

 **PROTEIN 12.94%**  **FAT 22.11%**  **CARBS 64.95%**

Properties

Glycemic Index:16.13, Glycemic Load:10.53, Inflammation Score:-2, Nutrition Score:4.72391306058222%

Nutrients (% of daily need)

Calories: 145.48kcal (7.27%), Fat: 3.58g (5.52%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 22.2g (8.07%), Sugar: 4.83g (5.36%), Cholesterol: 9.29mg (3.1%), Sodium: 220.16mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Manganese: 0.42mg (20.77%), Selenium: 10.98µg (15.69%), Phosphorus: 64.42mg (6.44%), Magnesium: 24.45mg (6.11%), Fiber: 1.49g (5.96%), Vitamin B1: 0.08mg (5.63%), Copper: 0.1mg (4.76%), Calcium: 47.2mg (4.72%), Folate: 18.19µg (4.55%), Zinc: 0.65mg (4.33%), Vitamin B6: 0.08mg (4.22%), Potassium: 144.83mg (4.14%), Iron: 0.71mg (3.94%), Vitamin B3: 0.69mg (3.43%), Vitamin B2: 0.05mg (3.14%), Vitamin B12: 0.18µg (3.07%), Vitamin B5: 0.25mg (2.53%), Vitamin E: 0.25mg (1.64%), Vitamin C: 1.21mg (1.47%), Vitamin A: 72.32IU (1.45%)