



Country Rye Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

Ingredients

- ☐ 2 cups bread flour
- ☐ 1 tablespoon caraway seeds
- ☐ 1 package yeast dry
- ☐ 3 tablespoons honey
- ☐ 1.3 cups rye flour
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

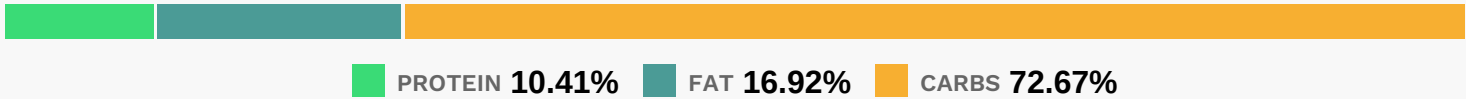
Equipment

- ☐ oven
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Follow manufacturer's instructions for placing all ingredients into bread pan; select bake cycle, and start bread machine.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:18.07, Inflammation Score:-2, Nutrition Score:6.4678260373842%

Nutrients (% of daily need)

Calories: 227.77kcal (11.39%), Fat: 4.34g (6.67%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 38.74g (14.09%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 294mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12.01%), Manganese: 0.65mg (32.57%), Selenium: 14.92µg (21.32%), Fiber: 3.17g (12.67%), Vitamin B1: 0.17mg (11.32%), Folate: 36.44µg (9.11%), Phosphorus: 76.32mg (7.63%), Vitamin K: 7.29µg (6.94%), Copper: 0.13mg (6.4%), Magnesium: 20.72mg (5.18%), Zinc: 0.74mg (4.95%), Vitamin B3: 0.98mg (4.88%), Iron: 0.86mg (4.79%), Vitamin B2: 0.08mg (4.57%), Vitamin E: 0.65mg (4.33%), Vitamin B6: 0.07mg (3.6%), Vitamin B5: 0.34mg (3.39%), Potassium: 113.5mg (3.24%), Calcium: 15.48mg (1.55%)