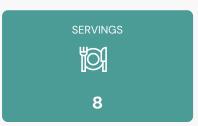


## **Crispy Rye Crackers**







SIDE DISH

## Ingredients

1 teaspoon yeast dry
1.5 teaspoons caraway seeds toasted
1 tablespoon honey
1.8 cups rye flour plus more for rolling the dough
0.5 teaspoon salt fine
0.3 cup sesame seed toasted
1 cup water (110°F to 115°F)
0.5 cup flour whole-wheat

Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	knife	
	wire rack	
	plastic wrap	
	wooden spoon	
	cookie cutter	
Di	rections	
	TECHOIIS	
Ш	Place water in a large bowl, sprinkle yeast on top, and let rest until yeast has dissolved, about 10 minutes.	
	Add remaining ingredients and stir to combine.	
	Place dough on a surface sprinkled with rye flour and knead until smooth, about 5 to 10 minutes. (If the dough becomes too sticky, sprinkle it with additional rye flour as needed.) Divide dough into 8 pieces and roll each piece into a ball. On a surface sprinkled with rye flour (a warm spot is best), place dough balls at least 2 inches apart, cover with plastic wrap, and let rest until almost doubled in size, at least 1 hour. Meanwhile, heat the oven to 400°F and arrange two racks to divide the oven into thirds. Line two baking sheets with parchment paper and set aside.	
	Remove 1 dough ball from underneath the plastic wrap (keep the remaining dough balls covered) and place on a surface generously dusted with rye flour.	
	Roll into a very thin, even round (until you can see the caraway seeds) about 10 to 11 inches in diameter, turning the dough often to keep it from sticking. Using a knife or a 1-inch circular cookie cutter, cut a hole in the middle of the round (this makes it easy to cool the crackers on the handle of a wooden spoon).	
	Place the round on one of the prepared baking sheets and repeat rolling and stamping a second round, placing it on the other baking sheet. Discard the cut-out dough centers.	

Nutrition Facts
Transfer the crackers to a wire rack or long wooden spoon handle (anchored to a counter or table) to cool. Repeat with remaining dough balls. Store the crackers in an airtight container for up to 10 days.
Place both baking sheets in the oven and bake until the crackers have lightened in color but are not yet browned, about 6 minutes. Rotate the baking sheets between racks and continue baking until the crackers are dark brown all over and crisp, about 4 to 6 minutes more.

PROTEIN 12.15% FAT 17.9% CARBS 69.95%

## **Properties**

Glycemic Index:10.91, Glycemic Load:1.32, Inflammation Score:-3, Nutrition Score:7.9626085565466%

## Nutrients (% of daily need)

Calories: 140.72kcal (7.04%), Fat: 2.94g (4.52%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 21.6g (7.85%), Sugar: 2.45g (2.72%), Cholesterol: Omg (0%), Sodium: 148.3mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Manganese: 0.97mg (48.35%), Fiber: 4.24g (16.96%), Copper: 0.31mg (15.34%), Selenium: 9.56µg (13.65%), Vitamin B1: 0.18mg (12.2%), Phosphorus: 111.17mg (11.12%), Magnesium: 42.31mg (10.58%), Iron: 1.6mg (8.89%), Zinc: 1.1mg (7.35%), Vitamin B6: 0.14mg (6.76%), Folate: 24.62µg (6.16%), Calcium: 57.44mg (5.74%), Vitamin B3: 1.14mg (5.71%), Potassium: 142.79mg (4.08%), Vitamin B2: 0.07mg (3.96%), Vitamin E: 0.39mg (2.62%), Vitamin B5: 0.21mg (2.12%), Vitamin K: 1.46µg (1.39%)