

# Crispy Rye Crackers

 Vegetarian  Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



141 kcal

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

## Directions

- 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.

- 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.
- 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.

## Nutrition Facts



**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: 0mg (0%), Sodium: 148.3mg (6.45%), Alcohol: 0g (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%)