



## Crunchy Wheat and Rye

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup bread flour
- 2 teaspoons bread machine yeast
- 3 tablespoons brown sugar
- 3 tablespoons butter softened
- 2 tablespoons honey
- 1.5 tablespoons powdered milk dry
- 0.5 cup rye flour
- 1 teaspoon salt

- 1.3 cups water
- 0.5 cup wheat chex
- 2 cups flour whole wheat

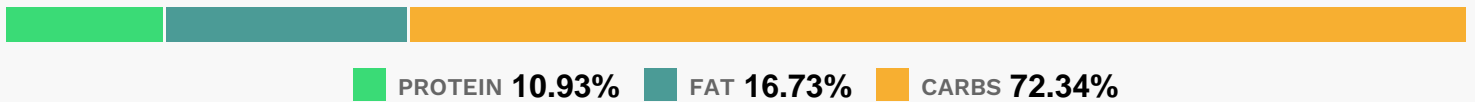
## Equipment

- frying pan
- bread machine

## Directions

- Place the ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select whole wheat setting and press Start.

## Nutrition Facts



## Properties

Glycemic Index:8.93, Glycemic Load:3.28, Inflammation Score:-3, Nutrition Score:7.0669565304466%

## Nutrients (% of daily need)

Calories: 104.22kcal (5.21%), Fat: 2.05g (3.15%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 17.74g (6.45%), Sugar: 3.68g (4.09%), Cholesterol: 4.22mg (1.41%), Sodium: 139.9mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin D: 4.24µg (28.28%), Manganese: 0.5mg (25.16%), Folate: 58.68µg (14.67%), Selenium: 8.71µg (12.45%), Iron: 2mg (11.12%), Vitamin B1: 0.15mg (9.76%), Fiber: 2.19g (8.75%), Phosphorus: 68.07mg (6.81%), Vitamin B3: 1.28mg (6.41%), Zinc: 0.96mg (6.38%), Vitamin B6: 0.11mg (5.47%), Magnesium: 21.49mg (5.37%), Vitamin B2: 0.09mg (5.29%), Copper: 0.06mg (3.16%), Vitamin B12: 0.18µg (2.93%), Potassium: 80.79mg (2.31%), Calcium: 21.8mg (2.18%), Vitamin A: 101.53IU (2.03%), Vitamin B5: 0.16mg (1.65%), Vitamin E: 0.17mg (1.1%)