



Danish Spiced Rye Bread (Sigtebrod)

 Vegetarian

READY IN



205 min.

SERVINGS



16

CALORIES



288 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 tablespoon anise seed
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon caraway seed
- ☐ 1 tablespoon cardamom
- ☐ 1 tablespoon fennel seed
- ☐ 5 cups flour all-purpose

- ☐ 1 cup milk
- ☐ 0.5 cup blackstrap molasses light
- ☐ 1 tablespoon orange zest grated
- ☐ 2 cups rye flour
- ☐ 1 teaspoon salt
- ☐ 0.3 cup warm water (110 degrees F/45 degrees C)
- ☐ 1 cup water
- ☐ 0.3 cup sugar white

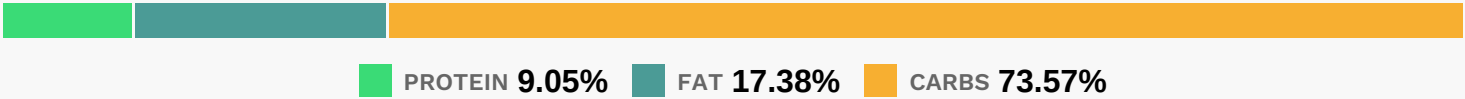
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Heat milk in a medium saucepan until scalding and small bubbles are forming around the edges, but just before the milk reaches a boil.
- ☐ Remove pan from heat and stir in the water, butter, molasses, sugar, orange zest, anise seed, caraway seed, cardamom and salt; allow to steep and cool 30 minutes at room temperature.
- ☐ In a bread maker, stir the yeast into the warm water and let sit for 5 minutes.
- ☐ Pour the cooled milk and spice mixture into the bread machine with the yeast mixture.
- ☐ Add the flour to the bread machine. Run the bread machine on the dough cycle.
- ☐ Grease two 9x5 inch loaf pans. When the dough cycle is complete, remove the dough from the machine, divide in half, form into 2 loaves, and place in the prepared loaf pans. Cover and allow to rise for 30 minutes, or until your finger leaves a small dent when you poke the loaves.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake the loaves until they sound hollow when tapped on the bottom, 35 to 40 minutes.
- ☐ Brush the hot loaves with melted butter; cool before serving.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:28.22, Inflammation Score:-5, Nutrition Score:11.26086951857%

Nutrients (% of daily need)

Calories: 288.28kcal (14.41%), Fat: 5.61g (8.63%), Saturated Fat: 3.09g (19.28%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 50.16g (18.24%), Sugar: 13.01g (14.46%), Cholesterol: 13.12mg (4.37%), Sodium: 191.78mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Manganese: 0.88mg (44.1%), Vitamin B1: 0.46mg (30.62%), Selenium: 17.46µg (24.94%), Folate: 96.89µg (24.22%), Iron: 2.98mg (16.56%), Vitamin B2: 0.27mg (15.98%), Vitamin B3: 3.05mg (15.27%), Fiber: 3.29g (13.16%), Magnesium: 48.7mg (12.18%), Phosphorus: 102.8mg (10.28%), Potassium: 297.76mg (8.51%), Copper: 0.17mg (8.49%), Vitamin B6: 0.15mg (7.59%), Calcium: 63.01mg (6.3%), Zinc: 0.8mg (5.36%), Vitamin B5: 0.51mg (5.06%), Vitamin A: 160.51IU (3.21%), Vitamin E: 0.35mg (2.3%), Vitamin B12: 0.09µg (1.53%), Vitamin K: 1.29µg (1.22%), Vitamin D: 0.17µg (1.12%)