

Dark Rye Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



52 kcal

BREAD

Ingredients

- 2 teaspoons bread machine yeast
- 3 tablespoons brown sugar packed
- 0.8 teaspoon caraway seeds
- 2 cups flour all-purpose
- 2 tablespoons blackstrap molasses
- 1.5 cups rye flour
- 1 teaspoon salt
- 1 tablespoon cocoa powder unsweetened

1 tablespoon vegetable oil

1.1 cups water

Equipment

frying pan

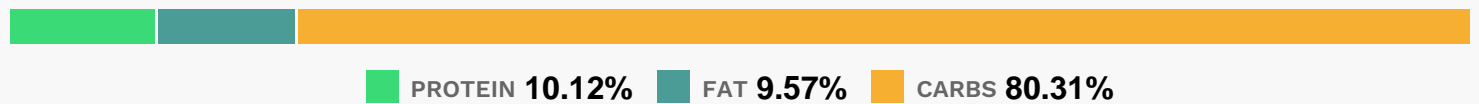
bread machine

Directions

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer.

Select the Basic cycle, and press Start.

Nutrition Facts



Properties

Glycemic Index:3.31, Glycemic Load:4.2, Inflammation Score:-1, Nutrition Score:2.1817391466997%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.82kcal (2.59%), Fat: 0.56g (0.86%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 9.7g (3.53%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 66.06mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Manganese: 0.17mg (8.72%), Vitamin B1: 0.1mg (6.5%), Folate: 20.62µg (5.15%), Selenium: 3.22µg (4.6%), Fiber: 0.83g (3.32%), Vitamin B3: 0.61mg (3.05%), Vitamin B2: 0.05mg (2.98%), Iron: 0.52mg (2.9%), Phosphorus: 20.45mg (2.04%), Magnesium: 8.01mg (2%), Copper: 0.04mg (1.9%), Vitamin B6: 0.03mg (1.34%), Potassium: 46.18mg (1.32%), Zinc: 0.18mg (1.19%)