



Dark Rye Bread

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



195 kcal

BREAD

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon caraway seeds
- ☐ 0.3 cup cocoa powder
- ☐ 2 packages yeast dry
- ☐ 3 cups flour all-purpose divided
- ☐ 0.3 cup blackstrap molasses
- ☐ 3 cups rye flour
- ☐ 1 tablespoon salt

- ☐ 1 tablespoon sugar
- ☐ 2 cups water divided (105° to 115°)

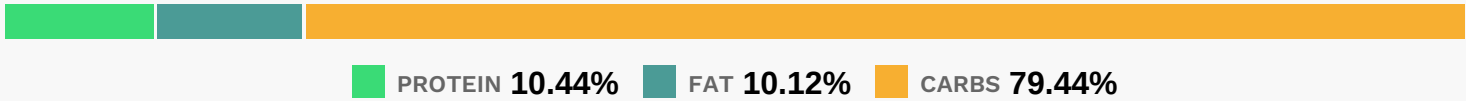
Equipment

- ☐ bowl
- ☐ oven
- ☐ cake form

Directions

- ☐ Combine 1/2 cup all-purpose flour, yeast, sugar, and 3/4 cup water; let stand 5 minutes.
- ☐ Add remaining water, rye flour, cocoa, salt, caraway seeds, molasses, and butter to yeast mixture; stir well.
- ☐ Add enough remaining all-purpose flour to make a soft dough. Turn dough out onto a floured surface; knead 10 minutes or until smooth and elastic.
- ☐ Place in a greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; divide in half. Shape each half into a ball.
- ☐ Place each ball in a greased 8- inch round cake pan. Cover and repeat rising procedure 1 hour or until doubled in bulk.
- ☐ Bake at 400 for 25 minutes or until loaves sound hollow when tapped.
- ☐ Remove from pans; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:11.82, Glycemic Load:15.77, Inflammation Score:-4, Nutrition Score:8.9026086129572%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 195.05kcal (9.75%), Fat: 2.24g (3.45%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 39.64g (13.21%), Net Carbohydrates: 35.88g (13.05%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 458.26mg (19.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.09mg (1.03%), Protein: 5.21g (10.42%), Manganese: 0.79mg (39.44%), Vitamin B1: 0.34mg (22.71%), Folate: 70.35µg (17.59%), Selenium: 12.26µg (17.52%), Fiber: 3.76g (15.06%), Iron: 2.18mg (12.09%), Vitamin B3: 2.17mg (10.87%), Magnesium: 42.7mg (10.68%), Vitamin B2: 0.18mg (10.48%), Copper: 0.19mg (9.73%), Phosphorus: 88.49mg (8.85%), Potassium: 233.8mg (6.68%), Vitamin B6: 0.12mg (6.24%), Zinc: 0.79mg (5.23%), Vitamin B5: 0.38mg (3.76%), Calcium: 28.75mg (2.88%), Vitamin E: 0.35mg (2.35%), Vitamin A: 63.96IU (1.28%), Vitamin K: 1.24µg (1.18%)