



Dark Rye Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

BREAD

Ingredients

- ☐ 1 teaspoon caraway seed
- ☐ 9 ounces flour all-purpose
- ☐ 3 tablespoons brown sugar light packed
- ☐ 2 tablespoons mild molasses
- ☐ 4 teaspoons olive oil
- ☐ 6.8 ounces rye flour
- ☐ 1.1 teaspoon salt
- ☐ 1 tablespoon cocoa powder dark unsweetened (I used Hershey's)

- ☐ 9 ounces warm water (110 to 115 F)
- ☐ 1 packet yeast instant (regular type, not rapid rise or)
- ☐ 1.5 teaspoon mustard yellow prepared

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ In a large measuring cup or small bowl, combine the yeast and warm water. Stir lightly and let sit for about 5 minutes or until it starts to bubble (proof).In the bowl of a stand mixer, combine the flour, rye flour, brown sugar, cocoa powder, salt, and caraway seed and stir until well mixed.
- ☐ Add the proofed yeast mixture, oil, molasses and mustard. Stir well, then attach dough hook and knead for about 5 minutes. The dough will be kind of heavy and might not feel as elastic as some other breads.
- ☐ Transfer it to a large mixing bowl rubbed with a little extra oil.
- ☐ Let rise for one hour or until it's about doubled in size. Punch down the dough. Divide it into two parts and shape each into a little football shaped loaf. Arrange about 6 inches apart (leave enough room for it to rise) on a large baking sheet. If desired, brush with a little beaten egg and sprinkle on more caraway seeds.
- ☐ Let rise at room temperature for about 40 minutes.Preheat the oven to 375 degrees F.
- ☐ Bake in the preheated oven for 38 to 40 minutes or until loaves sound hollow when tapped.
- ☐ Let cool. Slice and serve.

Nutrition Facts



 PROTEIN **10.04%**  FAT **10.12%**  CARBS **79.84%**

Properties

Glycemic Index:12.58, Glycemic Load:12.84, Inflammation Score:-3, Nutrition Score:6.926956501425%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 170.1kcal (8.5%), Fat: 1.94g (2.98%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 31.5g (11.46%), Sugar: 5.65g (6.28%), Cholesterol: 0mg (0%), Sodium: 229.21mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Manganese: 0.61mg (30.43%), Vitamin B1: 0.28mg (18.71%), Selenium: 10.49µg (14.98%), Folate: 58.25µg (14.56%), Fiber: 2.87g (11.48%), Iron: 1.69mg (9.39%), Vitamin B3: 1.82mg (9.1%), Vitamin B2: 0.15mg (8.75%), Phosphorus: 68.66mg (6.87%), Magnesium: 26.48mg (6.62%), Copper: 0.13mg (6.27%), Vitamin B6: 0.09mg (4.31%), Potassium: 150.64mg (4.3%), Zinc: 0.6mg (3.99%), Vitamin E: 0.44mg (2.94%), Vitamin B5: 0.28mg (2.85%), Calcium: 19.4mg (1.94%), Vitamin K: 1.84µg (1.75%)