



Bread Machine Caraway Rye

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



240 min.

SERVINGS



1

CALORIES



1389 kcal

Ingredients

- 1 tablespoon balsamic vinegar
- 1.8 cups bread flour
- 1 tablespoon caraway seeds
- 1 teaspoon yeast instant
- 1 tablespoon olive oil
- 1 cup rye flour
- 1 teaspoon salt
- 1 tablespoon sugar
- 1.3 cups water

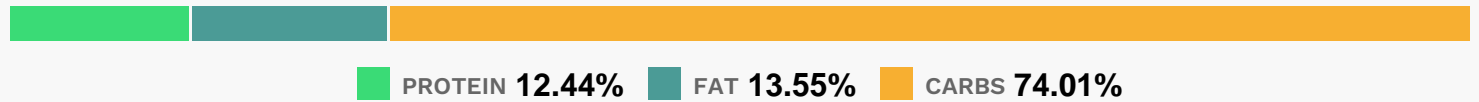
Equipment

- frying pan
- bread machine

Directions

- Put all ingredients into your bread machine in the order recommended by the manufacturer. Set the machine for a standard loaf (if the machine has several settings), a large loaf, and a dark crust.
- When the bread is done, remove it from the machine, remove it from the pan, and let it cool completely on a rack before slicing.

Nutrition Facts



Properties

Glycemic Index:187.09, Glycemic Load:112.52, Inflammation Score:-8, Nutrition Score:40.172608728642%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1388.69kcal (69.43%), Fat: 21.01g (32.32%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 258.21g (86.07%), Net Carbohydrates: 235.42g (85.61%), Sugar: 16.21g (18.01%), Cholesterol: 0mg (0%), Sodium: 2357.9mg (102.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.42g (86.83%), Manganese: 4.34mg (216.78%), Selenium: 103.28µg (147.55%), Vitamin B1: 1.81mg (120.71%), Folate: 388.27µg (97.07%), Fiber: 22.79g (91.18%), Phosphorus: 555.25mg (55.52%), Vitamin B3: 8.99mg (44.95%), Copper: 0.9mg (44.84%), Vitamin B2: 0.75mg (44.27%), Magnesium: 145.84mg (36.46%), Zinc: 5.41mg (36.03%), Iron: 6.01mg (33.41%), Vitamin B5: 3.08mg (30.8%), Vitamin E: 4.5mg (30%), Vitamin B6: 0.56mg (27.79%), Potassium: 814.67mg (23.28%), Vitamin K: 15.15µg (14.43%), Calcium: 117.12mg (11.71%), Vitamin C: 1.3mg (1.57%)