

# German Rye Bread

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



271 kcal

BREAD

## Ingredients

- 0.3 ounce yeast dry
- 4 teaspoons caraway seeds
- 2 tablespoons caraway seeds
- 2 teaspoons cornmeal
- 1 eggs lightly beaten
- 7 cups flour all-purpose
- 2 cups rye flour
- 2 teaspoons salt

- 6 tablespoons sugar
- 4 cups water divided (110 degrees to 115 degrees f)

## Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- kitchen towels

## Directions

- In a 4-qt. glass bowl, dissolve yeast in 2 cups warm water; whisk in rye flour until smooth. Cover loosely with a clean kitchen towel.
- Let stand in a warm place for about 4 hours or until batter falls about 1 in. and surface bubble activity is reduced. Stir in the sugar, caraway seeds, salt, 5 cups all-purpose flour and remaining water; mix well. Stir in enough remaining flour to form a firm dough. Turn onto a floured surface; knead until smooth and elastic, about 8 minutes. Cover and let rest for 15 minutes.
- Divide dough into four portions. Cover and let rest for 15 minutes. Shape into four round loaves, about 6 in. each. Coat two baking sheets with nonstick cooking spray; sprinkle each with 1 teaspoon cornmeal.
- Place loaves on pans. Cover and let rise until doubled, about 45 minutes.
- With a sharp knife, make several slashes across the top of each loaf.
- Brush with egg.
- Sprinkle each loaf with 1 teaspoon caraway seeds.
- Bake at 400 degrees F for 30-35 minutes, rotating pans after 15 minutes, or until browned. Cool on wire racks.

## Nutrition Facts



■ PROTEIN 11.61% ■ FAT 4.12% ■ CARBS 84.27%

## Properties

Glycemic Index:13.35, Glycemic Load:33.44, Inflammation Score:-4, Nutrition Score:10.699565181266%

## Nutrients (% of daily need)

Calories: 271.38kcal (13.57%), Fat: 1.24g (1.9%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 56.84g (18.95%), Net Carbohydrates: 53.24g (19.36%), Sugar: 4.8g (5.33%), Cholesterol: 10.23mg (3.41%), Sodium: 299.39mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.67%), Manganese: 0.7mg (35.07%), Vitamin B1: 0.52mg (34.75%), Selenium: 21.45µg (30.64%), Folate: 116.28µg (29.07%), Vitamin B2: 0.32mg (18.87%), Vitamin B3: 3.68mg (18.4%), Iron: 3.13mg (17.41%), Fiber: 3.6g (14.39%), Phosphorus: 103.68mg (10.37%), Copper: 0.15mg (7.34%), Magnesium: 24.72mg (6.18%), Zinc: 0.81mg (5.42%), Vitamin B5: 0.41mg (4.06%), Vitamin B6: 0.08mg (3.78%), Potassium: 132.07mg (3.77%), Calcium: 23.56mg (2.36%), Vitamin E: 0.28mg (1.84%)