

Health Dynamics Rye Bread

 Dairy Free

READY IN



46 min.

SERVINGS



24

CALORIES



64 kcal

Ingredients

- ☐ 3 teaspoons active yeast dry
- ☐ 0.3 cup cornstarch
- ☐ 2 eggs
- ☐ 2 tablespoons blackstrap molasses
- ☐ 2.5 cups rye flour
- ☐ 1.3 teaspoons sea salt
- ☐ 2 teaspoons lecithin
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup warm water

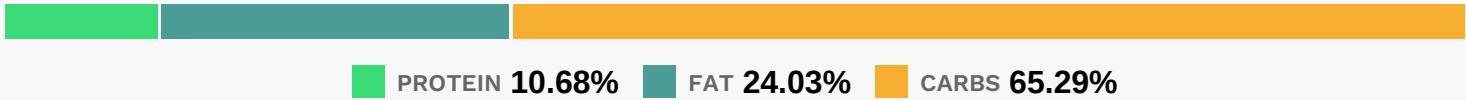
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Regular cycle and medium crust setting; press Start. While dough is mixing, check the consistency, it should be slightly sticky.

Nutrition Facts



Properties

Glycemic Index:1.83, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:2.7826086839904%

Nutrients (% of daily need)

Calories: 63.54kcal (3.18%), Fat: 1.78g (2.74%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 9.4g (3.42%), Sugar: 1.48g (1.64%), Cholesterol: 13.64mg (4.55%), Sodium: 127.84mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Manganese: 0.28mg (14.25%), Fiber: 1.47g (5.89%), Vitamin B1: 0.08mg (5.03%), Selenium: 3.02µg (4.32%), Folate: 14.44µg (3.61%), Phosphorus: 34.33mg (3.43%), Magnesium: 11.49mg (2.87%), Vitamin B2: 0.04mg (2.62%), Vitamin B6: 0.05mg (2.59%), Vitamin K: 2.72µg (2.59%), Copper: 0.05mg (2.48%), Iron: 0.44mg (2.43%), Zinc: 0.32mg (2.1%), Potassium: 72.91mg (2.08%), Vitamin E: 0.28mg (1.89%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.17mg (1.74%)