



## Hearty Sour Rye Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

### Ingredients

- ☐ 1.3 cups rye flour red stone-ground (such as Bob's Mill)
- ☐ 2.3 cups bread flour divided
- ☐ 1 tablespoon caraway seeds
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg yolk lightly beaten
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups yogurt plain low-fat
- ☐ 0.8 cup onion chopped

- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon water
- ☐ 2 tablespoons warm water (100° to 110°)
- ☐ 0.8 teaspoon pepper white

## Equipment

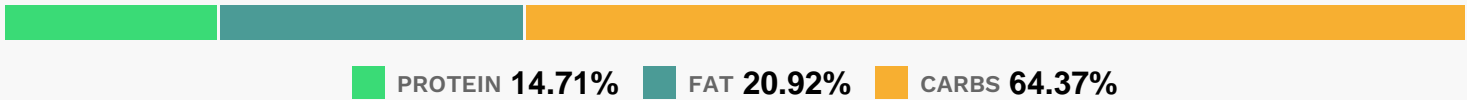
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

## Directions

- ☐ Heat vegetable oil in a large skillet over medium heat.
- ☐ Add onion; cover and cook 10 minutes or until golden brown, stirring frequently.
- ☐ Remove from heat; cool completely.
- ☐ Dissolve sugar and yeast in warm water in large bowl; let stand 5 minutes. Stir in yogurt, caraway seeds, salt, and pepper.
- ☐ Add egg; stir well with a whisk.
- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Add 2 cups bread flour and rye flour to yeast mixture, 1 cup at a time, stirring until a soft dough forms. Stir in chopped onion. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ☐ With floured hands, knead dough 5 times. Shape into a round 7-inch loaf.
- ☐ Place loaf on a large baking sheet covered with parchment paper. Cover and let rise 30 minutes or until doubled in size. Make 3 diagonal cuts 1/4-inch deep across top of loaf using a sharp knife.
- ☐ Preheat oven to 35
- ☐ Combine 1 tablespoon water and egg yolk; gently brush over dough.
- ☐ Sprinkle with 1/2 teaspoon kosher salt.
- ☐ Bake at 350 for 35 minutes or until loaf sounds hollow when tapped. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:11.28, Inflammation Score:-3, Nutrition Score:6.4243478671364%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 176.58kcal (8.83%), Fat: 4.11g (6.33%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 26.12g (9.5%), Sugar: 2.52g (2.8%), Cholesterol: 32.33mg (10.78%), Sodium: 413.7mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Manganese: 0.47mg (23.62%), Selenium: 13.91µg (19.87%), Phosphorus: 106.84mg (10.68%), Fiber: 2.37g (9.46%), Vitamin B1: 0.14mg (9.02%), Folate: 33.79µg (8.45%), Vitamin B2: 0.14mg (7.97%), Calcium: 63.53mg (6.35%), Zinc: 0.84mg (5.58%), Magnesium: 20.23mg (5.06%), Vitamin B5: 0.5mg (5.03%), Copper: 0.1mg (4.91%), Vitamin K: 4.98µg (4.74%), Potassium: 157.29mg (4.49%), Vitamin B6: 0.08mg (4.22%), Iron: 0.75mg (4.16%), Vitamin B3: 0.71mg (3.57%), Vitamin E: 0.53mg (3.56%), Vitamin B12: 0.21µg (3.47%), Vitamin C: 1.08mg (1.31%), Vitamin A: 58.43IU (1.17%), Vitamin D: 0.16µg (1.07%)