



Knaakkebrod or Nakkileipa (Scandinavian-Style Rye Crisp Bread)

 Vegetarian  Vegan  Dairy Free

READY IN



53 min.

SERVINGS



12

CALORIES



108 kcal

Ingredients

- 1 tablespoon active yeast dry
- 1.3 cups flour all-purpose
- 1.3 cups rye flour
- 0.3 cup rye flakes (pumpernickel flour)
- 1 teaspoon salt
- 1 cup warm water (105 to 115 degrees)

Equipment

- bowl

baking sheet

oven

Directions

Sprinkle the yeast over the water in a small bowl. Set aside.

Combine the rye flour with all-purpose flour in a large bowl. Stir in the salt.

Mix in the yeast mixture to make a soft dough. Turn dough out onto a board floured with rye meal. Knead lightly, mixing in rye meal as needed. Shape dough into a fat roll, and cut into 12 sections.

Roll each section into a ball; cover balls with a towel and let rise 20 minutes.

Preheat oven to 425 degrees F (220 degrees C). Lightly grease 2 baking sheets.

On a floured board, roll out each ball into a flat round about 4 inches in diameter.

Place rounds on prepared baking sheets and prick with a fork.

Bake in preheated oven until lightly browned, 8 to 10 minutes. Cool on a rack.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:9.18, Inflammation Score:-2, Nutrition Score:4.9000000539033%

Nutrients (% of daily need)

Calories: 107.62kcal (5.38%), Fat: 0.54g (0.83%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 20.18g (7.34%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 234.62mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Manganese: 0.46mg (22.77%), Vitamin B1: 0.2mg (13.31%), Selenium: 7.98µg (11.4%), Folate: 43.18µg (10.8%), Fiber: 2.23g (8.92%), Vitamin B2: 0.11mg (6.76%), Vitamin B3: 1.35mg (6.76%), Iron: 1.13mg (6.28%), Phosphorus: 54.32mg (5.43%), Copper: 0.08mg (4.06%), Magnesium: 14.13mg (3.53%), Zinc: 0.47mg (3.13%), Vitamin B6: 0.05mg (2.49%), Potassium: 74.14mg (2.12%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.2mg (1.32%), Calcium: 10.08mg (1.01%)