



Martha's Rye Bread Is Our Favorite Homemade Loaf for Sandwiches or Toast

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



211 kcal

BREAD

Ingredients

- 1 tablespoon yeast dry (two)
- 2.3 cups water (110 degrees)
- 3 tablespoons honey
- 4 tablespoons butter unsalted melted plus more for bowl and pans
- 2 tablespoons caraway seeds plus more for topping
- 4.5 teaspoons salt
- 4 cups flour all-purpose plus more for surface and dusting

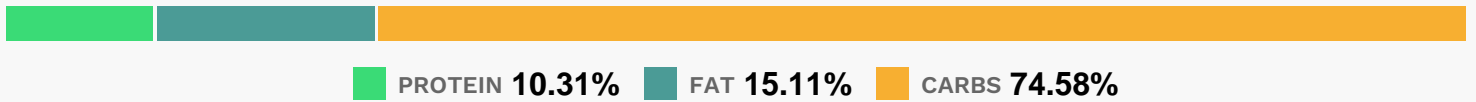
- 2.5 cups rye flour
- 1 large egg whites
- 1 stick pam original flavor shopping list

Equipment

Directions

- Homemade Pita Bread
- Multigrain Bread
- Tartine
- Bakery's Country Bread
- No-Knead Cheese and Olive Loaf
- Soft, Buttery Dinner
- Rolls

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:18.94, Inflammation Score:-3, Nutrition Score:7.573913079241%

Nutrients (% of daily need)

Calories: 211.31kcal (10.57%), Fat: 3.57g (5.49%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 36.54g (13.29%), Sugar: 3.51g (3.9%), Cholesterol: 7.53mg (2.51%), Sodium: 660.91mg (28.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Manganese: 0.61mg (30.66%), Vitamin B1: 0.32mg (21.45%), Selenium: 13.48µg (19.26%), Folate: 68.8µg (17.2%), Fiber: 3.08g (12.34%), Vitamin B2: 0.2mg (11.6%), Vitamin B3: 2.26mg (11.28%), Iron: 2.01mg (11.15%), Phosphorus: 76.77mg (7.68%), Copper: 0.11mg (5.7%), Magnesium: 19.71mg (4.93%), Zinc: 0.64mg (4.29%), Vitamin B6: 0.06mg (3.2%), Potassium: 111.95mg (3.2%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.35mg (2.31%), Vitamin A: 90.19IU (1.8%), Calcium: 16.38mg (1.64%), Vitamin K: 1.28µg (1.22%)