



Montana Russian Black Bread



Vegetarian



Dairy Free

READY IN



215 min.

SERVINGS



10

CALORIES



258 kcal

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup flat warm porter beer
- ☐ 2 tablespoons bread flour
- ☐ 2.5 cups bread flour whole wheat
- ☐ 1 tablespoon caraway seeds
- ☐ 1 egg white
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon blackstrap molasses

- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon onion powder
- ☐ 1 cup rye flour
- ☐ 1 teaspoon sea salt
- ☐ 0.5 cup strong coffee decoction brewed
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 tablespoon warm water
- ☐ 1 tablespoon wheat germ

Equipment

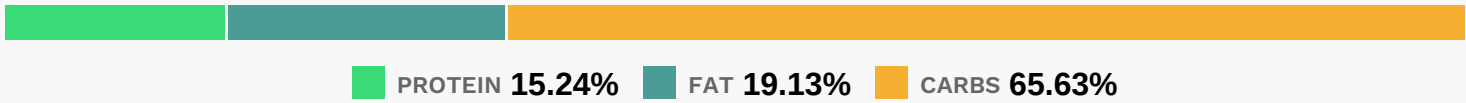
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Place whole wheat bread flour, rye flour, cocoa powder, bread flour, wheat germ, caraway seeds, yeast, beer, coffee, vinegar, olive oil, honey, molasses, sea salt, and onion powder in a bread machine in the order suggested by the manufacturer. Set bread machine for kneading cycle.
- ☐ Line a baking sheet with parchment paper.
- ☐ Remove dough from bread machine and shape into a rustic loaf on the prepared baking sheet. Make slits on top of loaf in crisscross formation.
- ☐ Let dough rise for 1 hour.
- ☐ Preheat oven to 395 degrees F (202 degrees C).
- ☐ Whisk egg white and warm water together in a small bowl.
- ☐ Brush egg white mixture over top of loaf.

Bake in the preheated oven until bread is cooked through, 45 to 50 minutes. Cool bread on a wire rack for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:19.03, Inflammation Score:-5, Nutrition Score:13.81652197177%

Flavonoids

Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 258.44kcal (12.92%), Fat: 5.48g (8.43%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 36.48g (13.27%), Sugar: 8.2g (9.11%), Cholesterol: 0mg (0%), Sodium: 507.71mg (22.07%), Alcohol: 0.92g (100%), Alcohol %: 0.92% (100%), Caffeine: 8.19mg (2.73%), Protein: 9.83g (19.65%), Manganese: 1.7mg (85.23%), Selenium: 19.2µg (27.42%), Fiber: 5.82g (23.3%), Vitamin B1: 0.35mg (23.2%), Phosphorus: 178.38mg (17.84%), Magnesium: 70.49mg (17.62%), Vitamin B3: 3.32mg (16.61%), Iron: 2.3mg (12.79%), Copper: 0.25mg (12.71%), Folate: 47.31µg (11.83%), Calcium: 112.54mg (11.25%), Zinc: 1.55mg (10.35%), Vitamin B2: 0.17mg (10.23%), Vitamin B6: 0.2mg (10.1%), Potassium: 281.77mg (8.05%), Vitamin K: 6.96µg (6.63%), Vitamin B5: 0.63mg (6.27%), Vitamin E: 0.89mg (5.95%)