



Mustard Wheat Rye Sandwich Bread



Vegetarian



Vegan



Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



53 kcal

BREAD

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 1.5 tablespoons blackstrap molasses
- ☐ 0.5 cup mustard dijon-style prepared
- ☐ 2 tablespoons olive oil
- ☐ 0.7 cup rye flour
- ☐ 2 cups unbleached flour all-purpose
- ☐ 1.5 tablespoons vital wheat gluten
- ☐ 1 cup warm water (110 degrees F/45 degrees C)

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0.7 cup flour whole wheat

Equipment

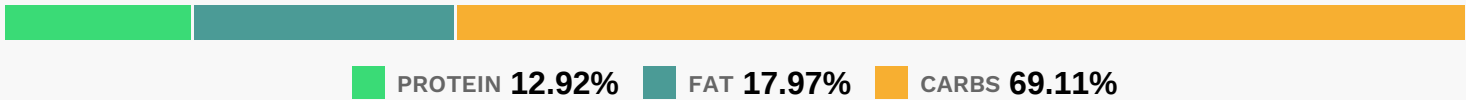
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bread machine

Directions

- ☐ Place all the ingredients in the bread machine pan in the order suggested by the manufacturer.
- ☐ Select Basic or White Bread setting, and start the machine.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:4.12, Inflammation Score:-1, Nutrition Score:2.4895652458072%

Nutrients (% of daily need)

Calories: 52.92kcal (2.65%), Fat: 1.07g (1.65%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.41g (3.06%), Sugar: 0.72g (0.8%), Cholesterol: 0mg (0%), Sodium: 39.13mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Manganese: 0.21mg (10.56%), Selenium: 5.49µg (7.84%), Vitamin B1: 0.1mg (6.78%), Folate: 19.63µg (4.91%), Fiber: 0.86g (3.43%), Vitamin B3: 0.67mg (3.33%), Iron: 0.57mg (3.18%), Vitamin B2: 0.05mg (3%), Phosphorus: 26.03mg (2.6%), Magnesium: 9.72mg (2.43%), Copper: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.42%), Zinc: 0.19mg (1.29%), Potassium: 42.36mg (1.21%), Vitamin E: 0.17mg (1.14%)