



New York Rye Bread

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



89 kcal

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 2.3 cups bread flour
- ☐ 2.7 teaspoons caraway seed
- ☐ 2 tablespoons honey
- ☐ 0.3 cup milk powder dry
- ☐ 1.3 cups rye flour
- ☐ 1 teaspoon salt
- ☐ 1.3 tablespoons vegetable oil
- ☐ 0.3 cup vital wheat gluten

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1.1 cups warm water

Equipment

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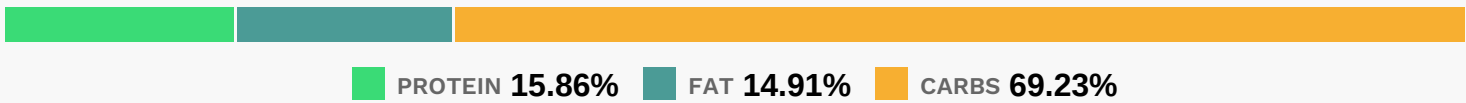
bread machine

Directions

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Place all ingredients in to your bread machine in the order specified by your machine's manual. Set the cycle to Basic or White.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:6.69, Inflammation Score:-1, Nutrition Score:2.7434782690328%

Nutrients (% of daily need)

Calories: 88.68kcal (4.43%), Fat: 1.48g (2.28%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 14.32g (5.21%), Sugar: 2.05g (2.28%), Cholesterol: 1.29mg (0.43%), Sodium: 103.39mg (4.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Manganese: 0.24mg (11.95%), Selenium: 6.42µg (9.17%), Fiber: 1.14g (4.57%), Vitamin B1: 0.07mg (4.42%), Phosphorus: 41.53mg (4.15%), Folate: 14.07µg (3.52%), Vitamin B2: 0.04mg (2.6%), Copper: 0.05mg (2.51%), Magnesium: 8.95mg (2.24%), Zinc: 0.32mg (2.16%), Iron: 0.38mg (2.09%), Calcium: 19.24mg (1.92%), Vitamin B3: 0.37mg (1.84%), Vitamin K: 1.79µg (1.71%), Potassium: 59.36mg (1.7%), Vitamin B5: 0.16mg (1.56%), Vitamin B6: 0.03mg (1.49%), Vitamin E: 0.2mg (1.36%)