



Old-World Rye Bread

 Vegetarian

READY IN



170 min.

SERVINGS



16

CALORIES



167 kcal

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 1 cup buttermilk
- ☐ 0.8 teaspoon caraway seeds
- ☐ 16 servings caraway seeds
- ☐ 16 servings cornmeal
- ☐ 0.3 cup potatoes dry mashed ()
- ☐ 1.5 cups rye flour
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

- ☐ 0.5 cup water
- ☐ 1 package yeast dry
- ☐ 2 cups flour all-purpose for flour or gold flour

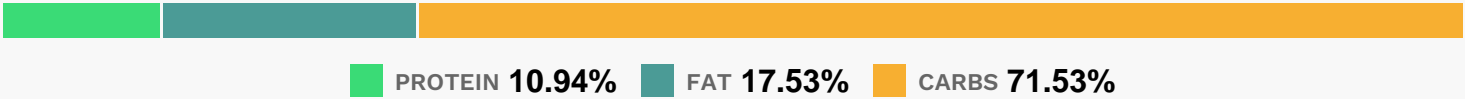
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ In large bowl, mix 1 1/2 cups of the all-purpose flour, the mashed potatoes (dry), brown sugar, salt, 3/4 teaspoon caraway seed and the yeast. In 1-quart saucepan, heat buttermilk, water and oil over medium heat, stirring frequently, until very warm (120F to 130F); stir into potato mixture until blended. Stir in rye flour and enough remaining all-purpose flour to make dough easy to handle.
- ☐ Place dough on lightly floured surface; gently roll in flour to coat. Knead about 8 minutes or until smooth and springy. Grease large bowl with shortening or cooking spray.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover; let rise in warm place about 1 hour or until dough has doubled in size. (If using fast-acting yeast, do not let rise 1 hour; cover and let rest on floured surface 10 minutes.)
- ☐ Grease large cookie sheet with shortening or cooking spray; sprinkle with cornmeal.
- ☐ Roll dough into rope, about 3 inches thick and 25 inches long. Curl dough into coil shape; tuck ends under.
- ☐ Place on cookie sheet. Cover; let rise in warm place 30 to 45 minutes or until dough has doubled in size.
- ☐ Heat oven to 400F.
- ☐ Brush water over dough; sprinkle with cornmeal and additional caraway seed.
- ☐ Bake 23 to 28 minutes or until loaf is golden brown and sounds hollow when tapped.
- ☐ Remove from cookie sheet to cooling rack; cool.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:13.76, Inflammation Score:-3, Nutrition Score:6.540869684323%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 167.11kcal (8.36%), Fat: 3.28g (5.05%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 27g (9.82%), Sugar: 2.53g (2.81%), Cholesterol: 1.65mg (0.55%), Sodium: 163.46mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Manganese: 0.43mg (21.28%), Vitamin B1: 0.24mg (16.2%), Fiber: 3.12g (12.48%), Folate: 47.06µg (11.76%), Selenium: 8.03µg (11.47%), Vitamin B2: 0.15mg (8.6%), Phosphorus: 85.19mg (8.52%), Iron: 1.5mg (8.36%), Vitamin B3: 1.61mg (8.06%), Magnesium: 25.94mg (6.48%), Vitamin B6: 0.12mg (6.05%), Zinc: 0.79mg (5.29%), Copper: 0.1mg (5.03%), Potassium: 144.33mg (4.12%), Vitamin K: 3.89µg (3.7%), Calcium: 32.24mg (3.22%), Vitamin B5: 0.31mg (3.06%), Vitamin E: 0.36mg (2.4%), Vitamin C: 1.09mg (1.32%), Vitamin D: 0.19µg (1.3%), Vitamin B12: 0.07µg (1.16%)