



Old-World Rye Bread

 Vegetarian

READY IN



170 min.

SERVINGS



16

CALORIES



128 kcal

Ingredients

- ☐ 2 cups flour all-purpose for flour or gold flour
- ☐ 0.3 cup potatoes mashed
- ☐ 2 tablespoons brown sugar packed
- ☐ 1 teaspoon salt
- ☐ 0.8 teaspoon caraway seeds
- ☐ 1 package yeast dry
- ☐ 1 cup buttermilk
- ☐ 0.5 cup water
- ☐ 2 tablespoons vegetable oil

- ☐ 1.5 cups rye flour
- ☐ 1 serving cornmeal
- ☐ 1 serving caraway seeds

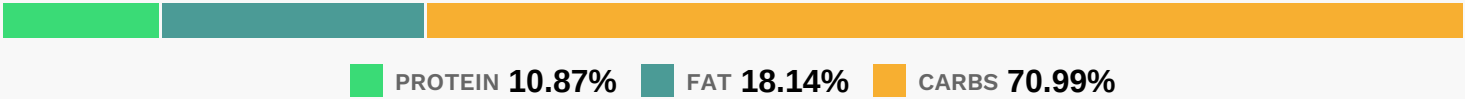
Equipment

- ☐ 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 (120°F to 130°F); 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 400°F.
- ☐ 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:9.68, Inflammation Score:-2, Nutrition Score:5.1217391179956%

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: 127.99kcal (6.4%), Fat: 2.59g (3.99%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 20.94g (7.61%), Sugar: 2.38g (2.64%), Cholesterol: 1.65mg (0.55%), Sodium: 162.92mg (7.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Manganese: 0.35mg (17.66%), Vitamin B1: 0.21mg (14.08%), Folate: 43.78µg (10.94%), Selenium: 7.35µg (10.5%), Vitamin B2: 0.13mg (7.88%), Fiber: 1.88g (7.53%), Vitamin B3: 1.35mg (6.73%), Iron: 1.07mg (5.96%), Phosphorus: 58.78mg (5.88%), Vitamin K: 3.87µg (3.68%), Copper: 0.07mg (3.47%), Magnesium: 13.49mg (3.37%), Vitamin B6: 0.06mg (3.11%), Zinc: 0.45mg (3.01%), Potassium: 101.48mg (2.9%), Calcium: 25.22mg (2.52%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.19µg (1.3%), Vitamin B12: 0.07µg (1.16%), Vitamin C: 0.9mg (1.09%)