

One Hundred Percent Rye Bread

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



121 kcal

Ingredients

- ☐ 2 tablespoons active yeast dry
- ☐ 2 tablespoons caraway seed
- ☐ 2 tablespoons cornmeal
- ☐ 0.5 cup blackstrap molasses dark
- ☐ 0.5 cup potato flakes instant
- ☐ 5 cups rye flour
- ☐ 1 tablespoon salt
- ☐ 3 tablespoons shortening
- ☐ 1.3 cups warm water

☐ 0.3 cup gluten

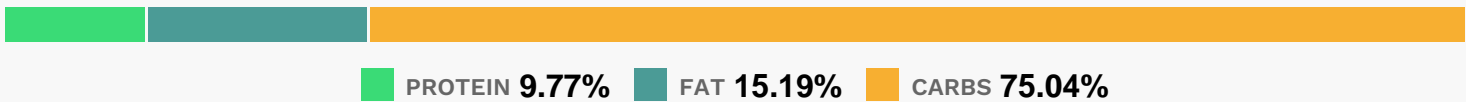
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a small bowl, mix together the molasses and warm water; stir in the yeast.
- ☐ Let stand for 10 minutes, or until foamy. In a large bowl, stir together the rye flour, gluten, potato flakes, and salt.
- ☐ Add the yeast mixture and shortening to the dry ingredients, and stir until stirring is too difficult.
- ☐ Turn the dough out onto a floured surface, and knead for 8 to 10 minutes. It's okay to take a few breaks.
- ☐ Place bowl upside down over the dough, and let dough rise until double in size, about 45 minutes.
- ☐ When the dough has risen, flatten out to remove air bubbles, and roll up into a nice tight loaf. Grease a baking sheet, and sprinkle with cornmeal.
- ☐ Place the loaf on the sheet, and let rise in a warm place until double, about 45 minutes
- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Bake the loaf for 35 to 45 minutes, or until the loaf sounds hollow when tapped on the bottom.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:2.67, Inflammation Score:-2, Nutrition Score:5.2582608995878%

Nutrients (% of daily need)

Calories: 120.59kcal (6.03%), Fat: 2.1g (3.23%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 20.37g (7.41%), Sugar: 5.54g (6.15%), Cholesterol: 0mg (0%), Sodium: 302.49mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Manganese: 0.64mg (31.78%), Fiber: 2.97g (11.86%), Magnesium: 33.7mg (8.42%), Vitamin B1: 0.12mg (7.84%), Selenium: 4.61µg (6.59%), Vitamin B6: 0.13mg (6.25%), Potassium: 208.39mg (5.95%), Phosphorus: 58.78mg (5.88%), Copper: 0.12mg (5.84%), Iron: 1.02mg (5.68%), Folate: 15.93µg (3.98%), Zinc: 0.57mg (3.81%), Vitamin B3: 0.68mg (3.42%), Vitamin E: 0.42mg (2.79%), Vitamin B5: 0.25mg (2.48%), Vitamin B2: 0.04mg (2.46%), Calcium: 23.99mg (2.4%), Vitamin K: 2.22µg (2.11%), Vitamin C: 1.12mg (1.36%)