



## Onion-Rye Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

### Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1.3 cups bread flour divided
- ☐ 1 tablespoon caraway seeds
- ☐ 1 large eggs
- ☐ 0.5 cup milk
- ☐ 0.8 cup onion minced
- ☐ 0.8 cup rye flour divided
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 2 tablespoons vegetable oil divided
- ☐ 0.3 cup water
- ☐ 1 teaspoon water

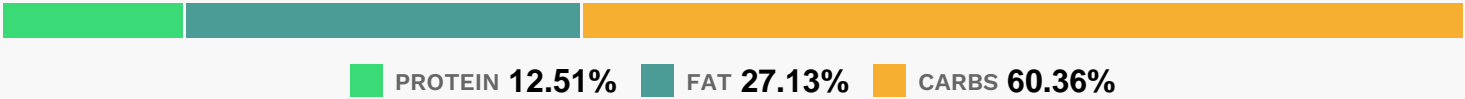
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ wooden spoon

## Directions

- ☐ Saut onion in 1 tablespoon hot oil in a small skillet over medium-high heat 4 to 5 minutes or until golden. Set aside.
- ☐ Combine remaining 1 tablespoon oil, milk, and 1/4 cup water in a saucepan; heat to 120 to 130°F.
- ☐ Stir together 3/4 cup bread flour, 1/4 cup rye flour, sugar, salt, and yeast in a large mixing bowl; make a well in center of mixture. Stir in milk mixture with a wooden spoon. Stir in remaining 1/2 cup rye flour, onion, and caraway seeds. Gradually stir in enough remaining bread flour to make a stiff dough.
- ☐ Turn dough out onto a floured surface, and knead until smooth (about 8 minutes).
- ☐ Place in a well-greased bowl, turning to grease top.
- ☐ Cover and let rise in a warm place (85°F), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down, and turn out onto a lightly floured surface; let stand 5 minutes. Shape into a loaf, and place in a greased 9- x 5-inch loafpan.
- ☐ Cover and let rise in a warm place, free from drafts, 45 minutes or until doubled in bulk. Stir together egg and 1 teaspoon water; brush over loaf.
- ☐ Bake at 375°F for 30 minutes or until loaf sounds hollow when tapped.
- ☐ Remove from pan immediately, and cool on a wire rack.

# Nutrition Facts



## Properties

Glycemic Index:25.26, Glycemic Load:10.8, Inflammation Score:-2, Nutrition Score:5.9343478368676%

## Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 169.18kcal (8.46%), Fat: 5.15g (7.92%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 23.4g (8.51%), Sugar: 3.06g (3.4%), Cholesterol: 25.08mg (8.36%), Sodium: 307.53mg (13.37%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.34g (10.68%), Manganese: 0.42mg (21.02%), Selenium: 11.58µg (16.55%), Vitamin B1: 0.16mg (10.76%), Fiber: 2.38g (9.5%), Folate: 36.29µg (9.07%), Phosphorus: 82.49mg (8.25%), Vitamin B2: 0.11mg (6.76%), Vitamin K: 7µg (6.67%), Copper: 0.09mg (4.5%), Magnesium: 17.49mg (4.37%), Zinc: 0.66mg (4.37%), Vitamin B6: 0.09mg (4.34%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.59mg (3.92%), Iron: 0.7mg (3.91%), Vitamin B3: 0.78mg (3.91%), Calcium: 36.8mg (3.68%), Potassium: 127.38mg (3.64%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.29µg (1.95%), Vitamin C: 1.27mg (1.54%), Vitamin A: 61.87IU (1.24%)