



Pumpernickel Rye Bread

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



48 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 0.3 cup bread flour
- ☐ 1 tablespoon caraway seed
- ☐ 2 teaspoons coffee powder instant
- ☐ 3 tablespoons milk powder dry
- ☐ 1.5 tablespoons blackstrap molasses
- ☐ 1 cup rye flour
- ☐ 1 teaspoon salt

- ☐ 1.5 cups unbleached flour all-purpose
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 cups warm water (110 degrees F/45 degrees C)
- ☐ 0.5 cup flour whole wheat

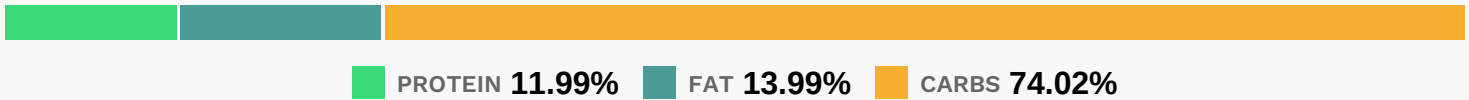
Equipment

- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Place ingredients into the pan of the bread machine in the order suggested by the manufacturer. Select Whole Wheat cycle, and Start.
- ☐ After the first rise, remove dough from the machine. Shape, and place into a lightly oiled 9x5 inch loaf pan. Cover, and let rise for 1 hour.
- ☐ Bake at 350 degrees C (175 degrees C) for 45 minutes.
- ☐ Remove from oven, and let cool before slicing.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:2.289999993599%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 48.31kcal (2.42%), Fat: 0.77g (1.18%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.27g (3.01%), Sugar: 0.92g (1.03%), Cholesterol: 0.61mg (0.2%), Sodium: 68.02mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Manganese: 0.21mg (10.29%), Selenium: 3.88µg (5.54%), Vitamin B1: 0.08mg (5.02%), Folate: 14.88µg (3.72%), Fiber: 0.88g (3.5%), Phosphorus: 27.88mg (2.79%), Iron: 0.5mg (2.75%), Vitamin B2: 0.05mg (2.72%), Vitamin B3: 0.54mg (2.7%), Magnesium: 10.13mg (2.53%), Copper: 0.04mg (2.2%), Potassium: 53.26mg (1.52%), Zinc: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.37%), Calcium: 11.47mg (1.15%)