



Raisin-Stout Loaves



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 14.5 ounces flour all-purpose divided
- ☐ 0.8 cup golden raisins
- ☐ 5 tablespoons honey divided
- ☐ 4 ounces whole-grain rye flour
- ☐ 2 teaspoons salt
- ☐ 1 cup porter dark at room temperature
- ☐ 0.5 cup walnuts coarsely chopped

- ☐ 0.5 cup warm water (100° to 110°)
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

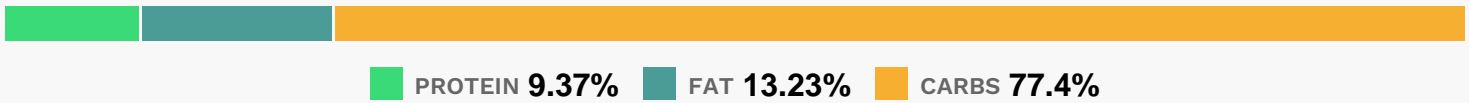
Directions

- ☐ Combine raisins and 1 cup boiling water in a small bowl; let stand 10 minutes.
- ☐ Drain and reserve raisins.
- ☐ Combine warm water, yeast, and 1 tablespoon honey in a bowl; let stand 5 minutes or until bubbly.
- ☐ Add remaining 1/4 cup honey and beer; mix well.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine 3 cups all-purpose flour, rye flour, and salt in a large bowl; make a well in center of mixture.
- ☐ Add yeast mixture to flour mixture, stirring until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 7 minutes); add enough of the remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky). Flatten dough; top with raisins and walnuts. Fold over dough sides to cover; knead until raisins and walnuts are well distributed.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/4 hours or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down; turn out onto a floured surface. Knead 1 minute; cover and let rest 5 minutes. Divide dough into 2 equal portions.

- ☐
- Roll each half into an 8-inch-long football shape.

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Nutrition Facts



Properties

Glycemic Index:15.28, Glycemic Load:20.18, Inflammation Score:-3, Nutrition Score:6.5269565892446%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 190.41kcal (9.52%), Fat: 2.81g (4.32%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 34.79g (12.65%), Sugar: 9.65g (10.73%), Cholesterol: 0mg (0%), Sodium: 294.41mg (12.8%), Alcohol: 0.58g (100%), Alcohol %: 0.83% (100%), Protein: 4.48g (8.95%), Manganese: 0.5mg (25.02%), Vitamin B1: 0.28mg (18.93%), Folate: 64.47µg (16.12%), Selenium: 10.13µg (14.48%), Vitamin B2: 0.18mg (10.42%), Vitamin B3: 2.02mg (10.09%), Iron: 1.64mg (9.13%), Fiber: 2.18g (8.71%), Copper: 0.15mg (7.6%), Phosphorus: 69.28mg (6.93%), Magnesium: 19.75mg (4.94%), Vitamin B6: 0.09mg (4.34%), Potassium: 132.46mg (3.78%), Zinc: 0.52mg (3.48%), Vitamin B5: 0.25mg (2.47%), Calcium: 14.7mg (1.47%)