

Raisin-Stout Loaves

READY IN
SERVINGS
CALORIES

ANTIPASTI
STARTER
SNACK
APPETIZER

CALORIES

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 (86), free from drafts, 11/4 hours or until doubled in size. (Gently press two fingers into dough down; turn out onto a floured surface. Knead 1 minute; cover and let rest 5 minutes. Divide dough into 2 equal portions.		
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Nutrition Facts
Bake at 450 for 10 minutes. Reduce oven temperature to 350 (do not remove loaves from oven); bake the loaves for 30 minutes or until browned on bottom and sound hollow when tapped. Cool on a wire rack 30 minutes before slicing.
Uncover dough, and make 3 (1/4-inch-deep) diagonal cuts across top of each loaf using a sharp knife.
Preheat oven to 45
Place on a baking sheet lined with parchment paper. Cover and let rise 30 minutes or until doubled in size.
Roll each half into an 8-inch-long football shape.

PROTEIN 9.37% FAT 13.23% CARBS 77.4%

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: O.3mg, Kaempferol: O.3mg, Kaempferol: O.3mg, Kaempferol: O.3mg, Quercetin: O.17mg, 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: Omg (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%)