



Russian Black Bread



Dairy Free



Popular

READY IN



195 min.

SERVINGS



24

CALORIES



81 kcal

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 2.5 cups bread flour
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon caraway seed
- ☐ 2 tablespoons cider vinegar
- ☐ 2 tablespoons plus dark
- ☐ 1 teaspoon coffee granules instant
- ☐ 2 tablespoons butter
- ☐ 1 cup rye flour

- ☐ 1 teaspoon salt
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1.5 cups water

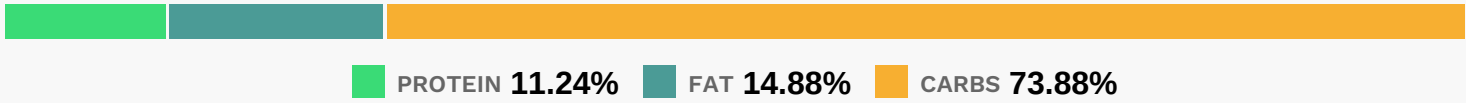
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients into the bread machine in order suggested by the manufacturer.
- ☐ Use the whole wheat, regular crust setting.
- ☐ After the baking cycle ends, remove bread from pan, place on a cake rack, and allow to cool for 1 hour before slicing.

Nutrition Facts



Properties

Glycemic Index:8.21, Glycemic Load:7.4, Inflammation Score:-1, Nutrition Score:2.3882608723057%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 80.88kcal (4.04%), Fat: 1.36g (2.1%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 14g (5.09%), Sugar: 2.01g (2.24%), Cholesterol: 0mg (0%), Sodium: 112.35mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Manganese: 0.24mg (12%), Selenium: 5.99µg (8.55%), Fiber: 1.21g (4.84%), Vitamin B1: 0.05mg (3.53%), Copper: 0.07mg (3.43%), Phosphorus: 30.57mg (3.06%), Folate: 12.05µg (3.01%), Magnesium: 10.41mg (2.6%), Iron: 0.37mg (2.08%), Zinc: 0.28mg (1.89%), Vitamin B3: 0.34mg (1.72%), Vitamin B2: 0.03mg (1.54%), Potassium: 48.64mg (1.39%), Vitamin B5: 0.12mg (1.17%), Vitamin B6: 0.02mg (1.11%), Vitamin E: 0.16mg (1.04%)