

Rye Beer Bread

 Dairy Free

READY IN



950 min.

SERVINGS



16

CALORIES



168 kcal

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1.5 cups beer room temperature
- ☐ 3 cups bread flour
- ☐ 1 tablespoon cornmeal
- ☐ 1 eggs
- ☐ 2 cups rye flour
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons shortening
- ☐ 2 tablespoons sugar white

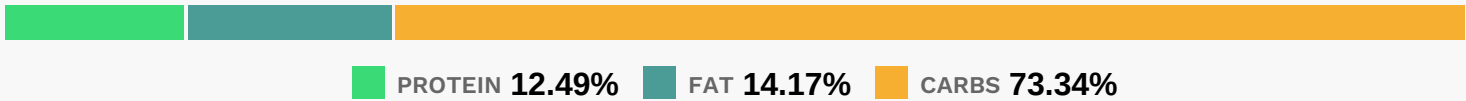
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Combine rye flour, beer, and yeast in a large bowl. Cover bowl with plastic wrap. Set out overnight. Do not refrigerate.
- ☐ The next day, add sugar, salt, shortening, and egg; beat with mixer until smooth. Stir in caraway seeds, if wanted.
- ☐ Add enough white bread flour to make a soft dough.
- ☐ Knead on a lightly floured surface until smooth, approximately 10 minutes.
- ☐ Place in a greased bowl, and turn to oil the surface of the dough.
- ☐ Let rise in warm place about 1 hour, or until doubled.
- ☐ Punch down dough, and divide in half. Shape into round or oblong loaves, and place on greased baking sheets sprinkled with corn meal.
- ☐ Let rise for 30 minutes.
- ☐ Bake at 400 degrees F (205 degrees C) for 30 minutes. Cool on racks.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:12.65, Inflammation Score:-2, Nutrition Score:5.2386956214905%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

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Nutrients (% of daily need)

Calories: 167.75kcal (8.39%), Fat: 2.55g (3.93%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 27.37g (9.95%), Sugar: 1.73g (1.92%), Cholesterol: 10.23mg (3.41%), Sodium: 442.1mg (19.22%), Alcohol: 0.86g (100%), Alcohol %: 1.64% (100%), Protein: 5.06g (10.13%), Manganese: 0.5mg (25.18%), Selenium: 12.24µg (17.48%), Vitamin B1: 0.16mg (10.48%), Fiber: 2.36g (9.46%), Folate: 35.63µg (8.91%), Phosphorus: 67.01mg (6.7%), Vitamin B2: 0.08mg (4.88%), Vitamin B3: 0.94mg (4.71%), Copper: 0.09mg (4.69%), Magnesium: 16.71mg (4.18%), Zinc: 0.6mg (4.03%), Vitamin B6: 0.07mg (3.73%), Vitamin B5: 0.35mg (3.51%), Iron: 0.63mg (3.5%), Vitamin E: 0.41mg (2.7%), Potassium: 91.48mg (2.61%), Vitamin K: 1.69µg (1.61%)