

Rye Beer Bread

 Dairy Free

READY IN



950 min.

SERVINGS



16

CALORIES



169 kcal

Ingredients

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

☐ 2 tablespoons sugar white

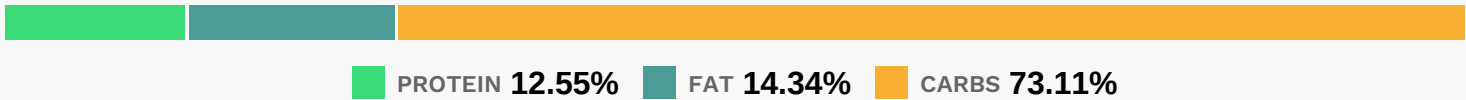
Equipment

- ☐ 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:5.3652174346473%

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, Kaempferol: 0.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 169kcal (8.45%), Fat: 2.61g (4.01%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 27.42g (9.97%), Sugar: 1.73g (1.92%), Cholesterol: 10.23mg (3.41%), Sodium: 442.16mg (19.22%), Alcohol: 0.86g (100%), Alcohol %: 1.63% (100%), Protein: 5.14g (10.27%), Manganese: 0.51mg (25.43%), Selenium: 12.28µg (17.54%), Vitamin B1: 0.16mg (10.58%), Fiber: 2.51g (10.03%), Folate: 35.67µg (8.92%), Phosphorus: 69.14mg (6.91%), Vitamin B2: 0.08mg (4.97%), Copper: 0.1mg (4.86%), Vitamin B3: 0.96mg (4.78%), Magnesium: 17.68mg (4.42%), Zinc: 0.63mg (4.17%), Iron: 0.69mg (3.84%), Vitamin B6: 0.08mg (3.8%), Vitamin B5: 0.35mg (3.51%), Potassium: 96.55mg (2.76%), Vitamin E: 0.41mg (2.76%), Vitamin K: 1.69µg (1.61%), Calcium: 12.19mg (1.22%)