



Sour-Rye Pumpnickel Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



420 kcal

Ingredients

- 1.3 ounce highly active yeast dry
- 4.5 cups bread flour
- 2 tablespoons browning and seasoning sauce
- 2 tablespoons butter melted
- 2 tablespoons coffee granules instant
- 0.3 cup blackstrap molasses
- 1 cup rye flour
- 2 teaspoons salt
- 1 cup starter sour

- 2 tablespoons sugar
- 1 cup warm water (100°-110°)

Equipment

- baking sheet
- baking paper
- oven
- mixing bowl
- wire rack
- plastic wrap
- stand mixer

Directions

- Preheat oven to 20
- Stir together first 3 ingredients in the mixing bowl of a heavy-duty electric stand mixer.
- Let stand 5 minutes.
- Add coffee and next 4 ingredients to yeast mixture.
- Add 2 tablespoons browning and seasoning sauce and 1 cup Sour Starter to dough; mix with with dough hook attachment at medium-high speed with a heavy duty stand mixer 5 minute.
- Turn dough out onto a lightly floured surface; shape dough into a 9- x 5-inch oval loaf.
- Place on parchment paper-lined baking sheet; coat lightly with cooking spray, and cover loosely with plastic wrap. Turn oven off, and place loaf in oven.
- Let rise 30 minutes or until loaf is doubled in bulk.
- Remove loaf from oven.
- Remove and discard plastic wrap. Preheat oven to 37
- Bake bread for 30 to 35 minutes.
- Remove from oven, and brush with melted butter. Cool on wire rack.
- Note: For testing purposes only, we used Kitchen Bouquet sauce.

Nutrition Facts

PROTEIN 12.12% FAT 9.99% CARBS 77.89%

Properties

Glycemic Index:22.64, Glycemic Load:38.59, Inflammation Score:-5, Nutrition Score:13.859999991144%

Nutrients (% of daily need)

Calories: 420.33kcal (21.02%), Fat: 4.62g (7.1%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 80.98g (26.99%), Net Carbohydrates: 76.39g (27.78%), Sugar: 11.97g (13.3%), Cholesterol: 0mg (0%), Sodium: 632.11mg (27.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 12.6g (25.19%), Manganese: 1.06mg (53.12%), Selenium: 32.15µg (45.93%), Vitamin B1: 0.58mg (38.99%), Folate: 131.23µg (32.81%), Fiber: 4.6g (18.38%), Vitamin B3: 3.16mg (15.78%), Magnesium: 57.99mg (14.5%), Vitamin B2: 0.24mg (13.94%), Phosphorus: 132.96mg (13.3%), Copper: 0.25mg (12.4%), Vitamin B5: 1.06mg (10.58%), Potassium: 359.96mg (10.28%), Vitamin B6: 0.2mg (9.89%), Iron: 1.61mg (8.95%), Zinc: 1.27mg (8.44%), Calcium: 40.61mg (4.06%), Vitamin E: 0.57mg (3.81%), Vitamin A: 126.6IU (2.53%)