

Sourdough Rye

 Vegetarian  Vegan  Dairy Free

READY IN



1000 min.

SERVINGS



16

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bread flour
- 1 tablespoon caraway seeds
- 1 tablespoon olive oil
- 1 cup rye flour
- 1 cup starter
- 1 tablespoon granulated sugar white

Equipment

- bowl

- baking sheet
- oven

Directions

- The night before you want to bake the bread, feed the starter with 1 cup rye flour, 1/2 cup bread flour, and 2/3 cup water. Cover, and let stand at room temperature overnight.
- In a large bowl, mix together expanded starter, 1/4 cup water, salt, sugar, oil, seeds, and 1 cup each rye and bread flour.
- Add more or less flour as necessary to get a soft dough.
- Turn dough out onto a lightly floured surface, and knead until satiny.
- Place in a well oiled bowl, and turn once to oil the surface. Cover with a damp cloth. Allow to rise in a warm spot until doubled.
- Punch down dough, and shape into loaves.
- Place on a greased baking sheet. Allow to rise until doubled in bulk.
- Bake at 350 degrees F (175 degrees C) for 40 minutes, or until it sounds hollow when thumped on the bottom.
- Bake 20 minutes at 350 degrees F (175 degrees C). In a small bowl, mix together 1/2 cup water and 1 teaspoon salt.
- Remove loaves from oven and brush crust with salt water. Continue baking for 25 minutes more, brushing at 10 minute intervals.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:4.19, Inflammation Score:-1, Nutrition Score:1.8091304304645%

Nutrients (% of daily need)

Calories: 76.54kcal (3.83%), Fat: 1.2g (1.84%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 13.2g (4.8%), Sugar: 0.85g (0.94%), Cholesterol: 0mg (0%), Sodium: 0.6mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Manganese: 0.22mg (11.03%), Selenium: 4.07µg (5.81%), Fiber: 1.19g (4.75%), Phosphorus: 24.05mg (2.41%), Copper: 0.04mg (1.94%), Magnesium: 6.94mg (1.73%), Vitamin B1:

0.03mg (1.73%), Vitamin E: 0.26mg (1.72%), Iron: 0.3mg (1.66%), Zinc: 0.23mg (1.5%), Folate: 4.78µg (1.2%), Vitamin B6: 0.02mg (1.07%), Potassium: 36.74mg (1.05%), Vitamin B3: 0.2mg (1.01%)