

Steak and Ale Type Bread

 Vegetarian

READY IN

ready

70 min.

SERVINGS

servings

36

CALORIES

calories

48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 2 cups bread flour
- ☐ 1 tablespoon butter softened
- ☐ 0.3 cup blackstrap molasses
- ☐ 1.3 cups rye flour
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 cup water

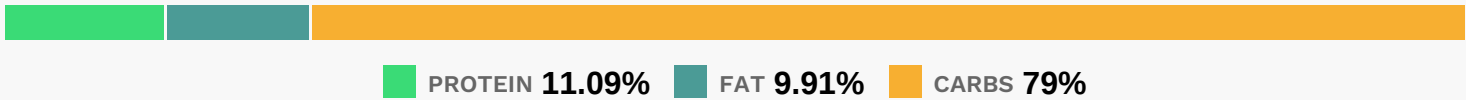
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:4.47, Glycemic Load:4.03, Inflammation Score:-1, Nutrition Score:1.7804348064668%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 48.34kcal (2.42%), Fat: 0.54g (0.83%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 8.96g (3.26%), Sugar: 1.81g (2.02%), Cholesterol: 0.84mg (0.28%), Sodium: 133.27mg (5.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Manganese: 0.19mg (9.39%), Selenium: 3.74µg (5.35%), Fiber: 0.75g (2.98%), Magnesium: 11.21mg (2.8%), Vitamin B1: 0.04mg (2.71%), Copper: 0.05mg (2.42%), Folate: 8.65µg (2.16%), Phosphorus: 18.94mg (1.89%), Potassium: 60.76mg (1.74%), Iron: 0.31mg (1.71%), Vitamin B6: 0.03mg (1.57%), Vitamin B3: 0.25mg (1.23%), Zinc: 0.18mg (1.2%), Vitamin B2: 0.02mg (1.04%)