



Swedish Limpa (Rye Bread)

READY IN



94 min.

SERVINGS



16

CALORIES



384 kcal

BREAD

Ingredients

- 0.7 cup firmly brown sugar packed
- 16 servings butter melted
- 5 cups flour all-purpose sifted
- 1 tablespoon fennel powder
- 0.7 cup blackstrap molasses
- 4 cups rye flour sifted
- 2 teaspoons salt
- 0.3 cup shortening
- 0.5 cup water lukewarm

- 2.5 cups water
- 2 ounce cake compressed yeast

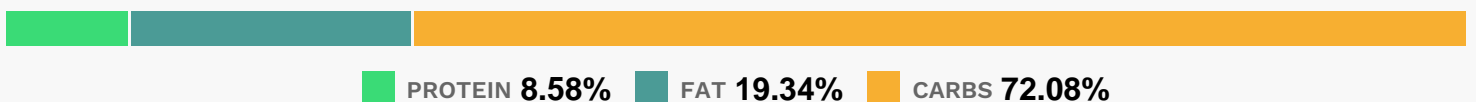
Equipment

- bowl
- sauce pan
- oven

Directions

- In a saucepan, mix together molasses, water, brown sugar, fennel, and salt. Bring to boiling point, then gently cook, uncovered, for 5 minutes.
- Remove from heat and add shortening.
- Let stand until lukewarm.
- Dissolve yeast in 1/2 cup lukewarm water.
- Add cooled molasses mixture and mix well. Stir in the rye flour. Beat until smooth. Cover and let rise at room temperature overnight, about 9 to 10 hours.
- In the morning add 5 cups white flour, and place remaining 1/2 cup on a pastry cloth or board for kneading. Turn out the dough and knead until smooth and elastic.
- Place in greased bowl, cover, and let rise until double in size, 2 to 2 1/2 hours.
- Cut dough in half and shape into 2 loaves (round is more traditional).
- Place in 2 greased 9 inch pie pans. Cover with a clean cloth and let rise until light, about 2 hours.
- Preheat oven to 350 degrees F.
- Bake for 45 to 55 minutes.
- Remove and brush tops with melted butter.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:26.18, Inflammation Score:-6, Nutrition Score:17.438261013316%

Nutrients (% of daily need)

Calories: 383.71kcal (19.19%), Fat: 8.37g (12.87%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 70.18g (23.39%), Net Carbohydrates: 65.02g (23.64%), Sugar: 19.77g (21.97%), Cholesterol: 10.75mg (3.58%), Sodium: 336.37mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.71%), Manganese: 2.56mg (127.89%), Vitamin B1: 0.78mg (51.75%), Folate: 163.32µg (40.83%), Selenium: 19.85µg (28.36%), Vitamin B3: 4.34mg (21.68%), Vitamin B2: 0.37mg (21.52%), Fiber: 5.17g (20.66%), Iron: 3.34mg (18.56%), Magnesium: 63.37mg (15.84%), Phosphorus: 129.88mg (12.99%), Copper: 0.24mg (11.99%), Vitamin B6: 0.24mg (11.84%), Potassium: 395.82mg (11.31%), Vitamin B5: 0.93mg (9.27%), Zinc: 1.18mg (7.83%), Calcium: 56.66mg (5.67%), Vitamin E: 0.7mg (4.67%), Vitamin K: 3.69µg (3.51%), Vitamin A: 125.46IU (2.51%)