

Swedish Limpu Bread

 Vegetarian  Dairy Free

READY IN



240 min.

SERVINGS



16

CALORIES



254 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 0.5 cup brown sugar packed
- 1.5 teaspoons caraway seeds
- 2 eggs room temperature
- 1.5 teaspoons fennel seeds
- 5.5 cups flour all-purpose
- 2 teaspoons orange zest
- 2 cups rye flour

- 2 teaspoons salt
- 2 tablespoons vegetable oil
- 2 cups water

Equipment

- bowl
- sauce pan
- oven
- whisk
- loaf pan
- hand mixer

Directions

- Boil water, sugar, oil, salt, orange rind, caraway seeds, and fennel seeds in a saucepan for 3 minutes. Cool until warm
- In a large bowl, whisk together 3 cups flour and yeast. Stir in cooled orange rind mixture. Beat with an electric mixer on medium speed for 2 minutes. Blend in eggs.
- Add 1 cup flour, and beat 1 minute on medium speed.
- Add rye flour and enough additional white flour to make a stiff dough.
- Turn dough onto a lightly floured surface. Knead for 8 to 10 minutes, or until smooth and satiny. Shape into a ball.
- Place in lightly greased bowl, turning to grease the surface. Cover with a damp cloth, and place in a warm spot. Allow to rise for 1 1/2 hours, or until doubled.
- Punch dough down, and divide in half. Shape into 2 balls.
- Let rest for 10 min. Shape into 2 loaves, and place into ungreased 9 x 5 inch loaf pans.
- Brush with oil. Allow to rise for 1 hour, or until doubled in size.
- Bake at 400 degrees F (205 degrees C) for 30 to 35 minutes, or until done.

Nutrition Facts



■ PROTEIN 10.97% ■ FAT 10.5% ■ CARBS 78.53%

Properties

Glycemic Index:4.69, Glycemic Load:23.72, Inflammation Score:-4, Nutrition Score:9.7600000500679%

Nutrients (% of daily need)

Calories: 254.31kcal (12.72%), Fat: 2.96g (4.56%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 46.73g (16.99%), Sugar: 6.95g (7.72%), Cholesterol: 20.46mg (6.82%), Sodium: 303.67mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.91%), Vitamin B1: 0.48mg (31.69%), Manganese: 0.62mg (31.24%), Folate: 106.45µg (26.61%), Selenium: 18.27µg (26.1%), Vitamin B2: 0.29mg (17%), Vitamin B3: 3.15mg (15.73%), Iron: 2.55mg (14.18%), Fiber: 3.08g (12.3%), Phosphorus: 93.93mg (9.39%), Copper: 0.12mg (6.2%), Magnesium: 20.81mg (5.2%), Zinc: 0.74mg (4.95%), Vitamin B5: 0.47mg (4.65%), Vitamin B6: 0.08mg (4.03%), Vitamin K: 4.03µg (3.84%), Potassium: 125.16mg (3.58%), Vitamin E: 0.41mg (2.73%), Calcium: 23.56mg (2.36%)