



Swedish Rye Bread

READY IN



55 min.

SERVINGS



4

CALORIES



875 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1.8 cups water divided (110° to 115°)
- 0.3 cup brown sugar packed
- 0.3 cup blackstrap molasses
- 2 tablespoons shortening
- 2 teaspoons salt
- 2.5 cups rye flour
- 3.8 cups flour all-purpose
- 2 tablespoons butter melted

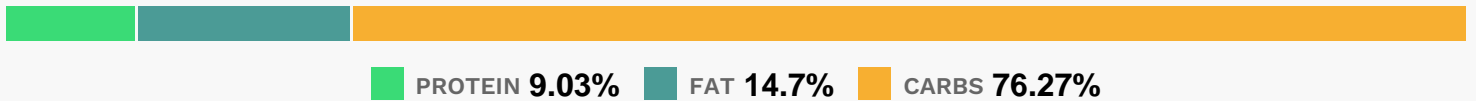
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, dissolve yeast in 1/4 cup water.
- Add sugar, molasses, shortening, salt and remaining water; stir well.
- Add rye flour; beat until smooth.
- Add enough all-purpose flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1–1/2 hours. Punch dough down.
- Shape into 4 round loaves.
- Place on greased baking sheets. Cover and let rise until doubled, 45–60 minutes.
- Bake at 350° until golden brown, 30–35 minutes.
- Brush with butter.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:71.62, Inflammation Score:-8, Nutrition Score:30.220434913574%

Nutrients (% of daily need)

Calories: 874.91kcal (43.75%), Fat: 14.35g (22.08%), Saturated Fat: 5.52g (34.47%), Carbohydrates: 167.47g (55.82%), Net Carbohydrates: 156.31g (56.84%), Sugar: 30.09g (33.44%), Cholesterol: 15.05mg (5.02%), Sodium: 1229.35mg (53.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.67%), Manganese: 2.68mg (133.82%), Vitamin B1: 1.31mg (87.2%), Selenium: 53.03µg (75.76%), Folate: 277.94µg (69.48%), Iron: 8.2mg (45.57%), Vitamin B3: 8.95mg (44.73%), Fiber: 11.16g (44.65%), Vitamin B2: 0.73mg (42.66%), Magnesium: 120.31mg

(30.08%), Phosphorus: 290.05mg (29%), Copper: 0.51mg (25.7%), Potassium: 708.46mg (20.24%), Vitamin B6: 0.4mg (19.8%), Zinc: 2.43mg (16.19%), Vitamin B5: 1.3mg (13.05%), Vitamin E: 1.54mg (10.24%), Calcium: 93.57mg (9.36%), Vitamin K: 8.01µg (7.63%), Vitamin A: 174.93IU (3.5%)