

Swedish Rye Bread



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



129 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 0.5 teaspoon aniseed
- ☐ 0.5 teaspoon caraway seeds
- ☐ 2 tablespoons brown sugar dark
- ☐ 1.8 cups flour all-purpose
- ☐ 1 tablespoon blackstrap molasses
- ☐ 2 teaspoons orange rind grated
- ☐ 1.3 cups rye flour

- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in warm water in a large bowl; let stand 5 minutes.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours in a bowl.
- ☐ Add 1 cup flour mixture, sugar, and next 6 ingredients to yeast mixture; beat with a mixer at medium speed until blended. Gradually beat in remaining flour mixture to form a dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 35 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down; place on a lightly floured surface. Knead 10 times, and shape into a 7-inch round.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Let rise 1 hour or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake at 375 for 25 minutes or until loaf is lightly browned and sounds hollow when tapped.
- ☐ Remove from baking sheet; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:10.61, Inflammation Score:-3, Nutrition Score:5.2473912803537%

Nutrients (% of daily need)

Calories: 128.66kcal (6.43%), Fat: 1.55g (2.38%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 23.56g (8.57%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 293.76mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Manganese: 0.41mg (20.65%), Vitamin B1: 0.24mg (15.96%), Folate: 50.76µg (12.69%), Selenium: 8.09µg (11.56%), Fiber: 1.98g (7.93%), Vitamin B3: 1.52mg (7.6%), Vitamin B2: 0.13mg (7.43%), Iron: 1.27mg (7.06%), Phosphorus: 48.82mg (4.88%), Magnesium: 15.87mg (3.97%), Copper: 0.08mg (3.91%), Vitamin B6: 0.06mg (2.93%), Zinc: 0.42mg (2.82%), Potassium: 94.9mg (2.71%), Vitamin K: 2.77µg (2.64%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.26mg (1.72%), Calcium: 12.96mg (1.3%)