



Totally Rye Bread

 Vegetarian

READY IN



200 min.

SERVINGS



16

CALORIES



200 kcal

Ingredients

- 0.3 ounce active yeast dry
- 2 tablespoons caraway seed
- 1 eggs
- 2 cups milk
- 2 tablespoons blackstrap molasses
- 7.5 cups rye flour divided
- 1 tablespoon salt

Equipment

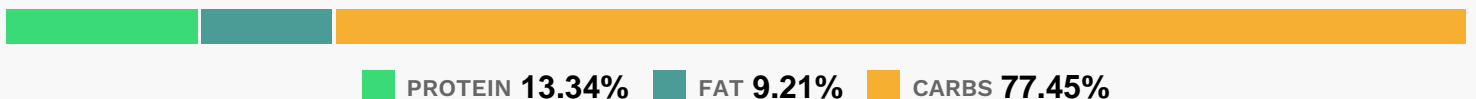
- sauce pan

- oven
- mixing bowl
- loaf pan

Directions

- Heat the milk in a small saucepan until it bubbles, then remove from heat.
- Let cool until lukewarm.
- In a small mixing bowl, dissolve yeast in the lukewarm milk.
- Let sit until creamy, about 10 minutes.
- Pour the yeast mixture into a large mixing bowl.
- Mix in the molasses, egg, 4 cups of the rye flour, salt, and caraway seeds. Cover with a damp towel, and let rise for 45 minutes.
- Stir in the remaining rye flour, 1/2 cup at a time, until the mixture forms a soft dough; stir well after each addition. (You may not need to add all of the rye flour.) Turn dough out onto a lightly floured surface, and knead until smooth and elastic, about 8 minutes. Lightly oil a large mixing bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth, and put in a warm place to rise until doubled in volume, about 1 hour.
- Deflate the dough, and turn it out onto a lightly floured surface. Divide the dough into two equal pieces, and form into loaves.
- Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth, and let rise until doubled in volume, about 40 minutes.
- Bake in a preheated 350 degrees F (175 degrees C) oven for about 30 minutes, or until the top is golden brown and the bottom of the loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:1.36, Inflammation Score:-3, Nutrition Score:9.8113044163455%

Nutrients (% of daily need)

Calories: 200.29kcal (10.01%), Fat: 2.11g (3.25%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 33.89g (12.32%), Sugar: 3.88g (4.31%), Cholesterol: 13.89mg (4.63%), Sodium: 453.76mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.75%), Manganese: 1.21mg (60.29%), Fiber: 6.05g (24.18%), Phosphorus: 151.68mg (15.17%), Vitamin B1: 0.21mg (13.87%), Selenium: 8.88µg (12.69%), Magnesium: 42.35mg (10.59%), Copper: 0.18mg (9.09%), Vitamin B6: 0.18mg (8.88%), Zinc: 1.28mg (8.55%), Iron: 1.52mg (8.42%), Potassium: 279.32mg (7.98%), Vitamin B2: 0.13mg (7.63%), Folate: 27.99µg (7%), Calcium: 61.23mg (6.12%), Vitamin B3: 1.09mg (5.44%), Vitamin E: 0.75mg (4.98%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.19µg (3.16%), Vitamin K: 2.92µg (2.78%), Vitamin D: 0.39µg (2.6%), Vitamin A: 66.98IU (1.34%)