



Walnut-Raisin Pumpernickel Boule

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



498 kcal

Ingredients

- 1.3 ounce yeast dry
- 4.5 cups bread flour
- 1 egg whites
- 2 tablespoons coffee instant
- 0.3 cup blackstrap molasses
- 0.8 cup golden raisins (or golden raisins)
- 1 cup rye flour
- 2 teaspoons salt
- 2 tablespoons sugar

- 1 cup walnuts toasted coarsely chopped
- 1.8 cups water (100° to 110°)
- 3 tablespoons water

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- mixing bowl
- plastic wrap
- stand mixer

Directions

- Preheat oven to 20
- Stir together first 3 ingredients in the mixing bowl of a heavy-duty electric stand mixer.
- Let stand 5 minutes
- Add coffee and next 4 ingredients to yeast mixture.
- Add 3/4 cup raisins (or golden raisins) and 1 cup toasted walnuts to dough before mixing. Beat at low speed with dough hook attachment for 1 minute or until soft dough comes together. Beat at medium speed 4 minutes. (Dough will be slightly sticky.)
- Turn dough out onto a lightly floured surface.; Shape dough into a ball, and gently flatten to a 7-inch circle.
- Cut 3 slits in dough (1/4 to 1/2 inch deep) with a sharp paring knife just before baking, if desired.
- Whisk together 1 egg white and 3 tablespoons water in a small bowl; brush loaf with egg mixture.

- Place on parchment paper-lined baking sheet; coat lightly with cooking spray, and cover loosely with plastic wrap. Turn oven off, and place loaf in oven.
- Let rise 30 minutes or until loaf is doubled in bulk.
- Remove loaf from oven.
- Remove and discard plastic wrap. Preheat oven to 37
- Bake at 375 for 38 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:44.62, Inflammation Score:-5, Nutrition Score:18.01391291424%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 497.88kcal (24.89%), Fat: 11.33g (17.43%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 87.08g (29.03%), Net Carbohydrates: 81.17g (29.52%), Sugar: 19.67g (21.86%), Cholesterol: 0mg (0%), Sodium: 600.7mg (26.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 14.85g (29.69%), Manganese: 1.6mg (80.2%), Selenium: 33.71µg (48.16%), Vitamin B1: 0.64mg (42.38%), Folate: 146.08µg (36.52%), Copper: 0.54mg (26.75%), Fiber: 5.91g (23.63%), Magnesium: 86.44mg (21.61%), Phosphorus: 198.96mg (19.9%), Vitamin B2: 0.3mg (17.65%), Vitamin B3: 3.48mg (17.39%), Vitamin B6: 0.32mg (16.01%), Potassium: 530.5mg (15.16%), Iron: 2.28mg (12.69%), Zinc: 1.76mg (11.77%), Vitamin B5: 1.16mg (11.64%), Calcium: 62.2mg (6.22%), Vitamin E: 0.58mg (3.88%), Vitamin K: 1.88µg (1.79%)