



Whole Grain German-Style Bread



Vegetarian



Vegan



Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



287 kcal

Ingredients

- ☐ 2 Teaspoons active yeast dry (just over 1-1/2 0.25-ounce packages will do)
- ☐ 2 Tablespoons apple cider vinegar white
- ☐ 2.5 Teaspoons salt
- ☐ 1 cup nigella seeds (I use)
- ☐ 5.3 cups rice flour whole wheat whole (or a combination of the two)
- ☐ 2 cups warm water

Equipment

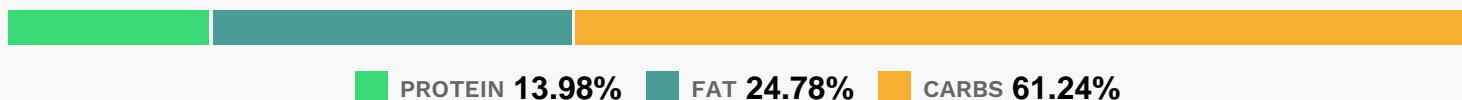
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ kitchen towels

Directions

- ☐ In a large mixing bowl, dissolve the yeast in about 1/2 cup of the water (no need to be exact, you will be adding the rest of the water shortly).
- ☐ Let that rest for a few minutes while you grease a 9 x 5 inch loaf pan. Sift the flour and salt into the bowl.
- ☐ Add all remaining ingredients (rest of the water, vinegar, and seeds), and mix until a relatively smooth dough is formed. Mine was still a touch sticky, but still able to be handled and formed without completely sticking to my fingers. Form the dough into a loaf shape that will fit end to end in your pan. I just sort of shape it, and then roll it a few times on the counter to make it look a little nicer and be the right length. Lightly cover the loaf with saran wrap or a tea towel, and let it rise in a relatively warm, draft-free place, for about an hour to an hour and a half. It should double in size and fill out the pan nicely. Preheat your oven to 480°F (250°C).
- ☐ Bake the loaf for 15 minutes, reduce the heat to 390°F (200°C), and bake it for another 45 minutes.
- ☐ Remove the loaf from the pan (it should pop right out), and knock on the bottom. If it genuinely sounds hollow, then it is done. If you think it needs a little more time, pop it back in the oven and bake it for longer as needed. My loaf was done after the initial hour, but you may need another 10–20 minutes, depending on moisture and such.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:7.2569565339743%

Nutrients (% of daily need)

Calories: 286.97kcal (14.35%), Fat: 7.7g (11.84%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 42.78g (14.26%), Net Carbohydrates: 31.82g (11.57%), Sugar: 0.23g (0.25%), Cholesterol: 0mg (0%), Sodium: 492.78mg (21.43%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Fiber: 10.96g (43.84%), Vitamin B1: 0.29mg (19.11%), Iron: 3.34mg (18.57%), Manganese: 0.36mg (17.83%), Magnesium: 55.69mg (13.92%), Phosphorus: 93.38mg (9.34%), Copper: 0.18mg (9%), Folate: 24.31µg (6.08%), Selenium: 3.6µg (5.14%), Zinc: 0.65mg (4.37%), Calcium: 37.51mg (3.75%), Vitamin B6: 0.07mg (3.7%), Potassium: 120.7mg (3.45%), Vitamin B3: 0.64mg (3.2%), Vitamin B2: 0.04mg (2.55%), Vitamin B5: 0.21mg (2.08%)