



WHATSHEATE



## Whole Wheat Bread with Caraway and Anise



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



148 kcal

BREAD

### Ingredients

- ☐ 0.5 teaspoon aniseed
- ☐ 1 teaspoon caraway seeds divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 10.5 ounces flour all-purpose divided
- ☐ 2 tablespoons honey
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 cup warm water (100° to 110°)

- ☐ 1 teaspoon water
- ☐ 4.8 ounces flour whole wheat

## Equipment

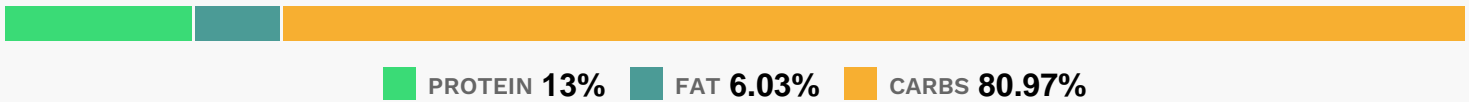
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

## Directions

- ☐ Dissolve honey and yeast in 1 cup warm water in a large bowl; let stand 5 minutes.
- ☐ Combine 1 teaspoon water and egg, stirring well with a whisk.
- ☐ Place 1 tablespoon egg mixture in a small bowl. Cover and chill.
- ☐ Add remaining egg mixture to yeast mixture.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 2 cups all-purpose flour, whole wheat flour, salt, 1/2 teaspoon caraway seeds, and aniseed to yeast mixture; stir to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place the 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, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch the dough down; cover and let rest for 5 minutes. Divide dough in half. Working with one portion at a time, roll each portion into a 12-inch rope on a lightly floured surface. Twist ropes together, and pinch ends to seal.
- ☐ Place dough in an 8-inch loaf pan coated with cooking spray. Cover and let rise for 30 minutes or until doubled in size.

- ☐ Preheat oven to 37
- ☐ Uncover dough.
- ☐ Brush reserved egg mixture over loaf, and sprinkle with remaining 1/2 teaspoon caraway seeds.
- ☐ Bake at 375 for 30 minutes or until loaf is browned on bottom and sounds hollow when tapped.
- ☐ Remove from pan; cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:11.02, Glycemic Load:15.2, Inflammation Score:-3, Nutrition Score:7.3717390661654%

## Nutrients (% of daily need)

Calories: 147.78kcal (7.39%), Fat: 1g (1.54%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 28.17g (10.25%), Sugar: 3g (3.34%), Cholesterol: 15.5mg (5.17%), Sodium: 298.81mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.73%), Manganese: 0.64mg (31.81%), Selenium: 16.72µg (23.89%), Vitamin B1: 0.32mg (21.19%), Folate: 66.04µg (16.51%), Vitamin B3: 2.27mg (11.36%), Vitamin B2: 0.19mg (10.92%), Iron: 1.72mg (9.53%), Fiber: 2.11g (8.44%), Phosphorus: 80.27mg (8.03%), Magnesium: 22.5mg (5.62%), Copper: 0.09mg (4.71%), Zinc: 0.59mg (3.93%), Vitamin B6: 0.07mg (3.72%), Vitamin B5: 0.32mg (3.22%), Potassium: 83.93mg (2.4%), Calcium: 12.73mg (1.27%)