



Winnipeg Rye Bread

 Vegetarian

READY IN



175 min.

SERVINGS



16

CALORIES



180 kcal

Ingredients

- 1.8 teaspoons yeast dry
- 4.3 cups bread flour
- 0.3 cup brown sugar packed
- 3 tablespoons butter
- 1 eggs
- 0.8 cup milk
- 1 tablespoon milk
- 0.3 cup cracked rye berries
- 1 teaspoon salt

- 0.3 cup water
- 4 teaspoons gluten

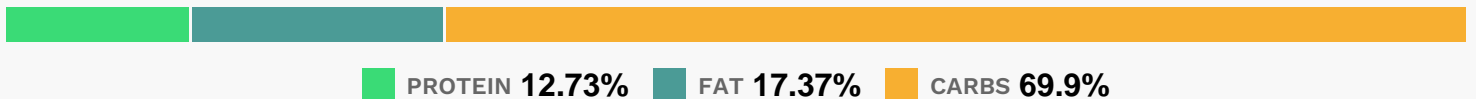
Equipment

- baking sheet
- oven
- bread machine

Directions

- Soak the cracked rye berries in 1/4 cup of water until most of the water has been absorbed.
- Place ingredients into the bread machine in the order suggested by the manufacturer.
- Add the soaked rye with the other flour. Set bread machine for the DOUGH cycle, and press START.
- When the machine indicates the end of the cycle, remove the dough, punch down, and let rest for 10 minutes. Divide the dough into halves, press out any air bubbles, and form into round or long loaves.
- Place them onto a baking sheet, and allow the loaves to rise in a warm place until they have doubled in size, about 35 minutes.
- Preheat the oven to 350 degrees F (175 degrees C).
- Brush the tops of the loaves with remaining milk.
- Bake for about 35 to 40 minutes, or until the loaf makes a hollow sound when tapped on the bottom.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:16.13, Inflammation Score:-2, Nutrition Score:3.8886956209722%

Nutrients (% of daily need)

Calories: 180.19kcal (9.01%), Fat: 3.47g (5.34%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 30.01g (10.91%), Sugar: 4.05g (4.5%), Cholesterol: 17.36mg (5.79%), Sodium: 178.33mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Selenium: 14.61µg (20.88%), Manganese: 0.27mg (13.65%), Fiber: 1.41g (5.65%), Phosphorus: 53.72mg (5.37%), Folate: 20.54µg (5.13%), Vitamin B1: 0.07mg (4.84%), Vitamin B2: 0.06mg (3.79%), Copper: 0.07mg (3.38%), Iron: 0.55mg (3.05%), Vitamin B5: 0.29mg (2.9%), Calcium: 27.27mg (2.73%), Magnesium: 10.86mg (2.72%), Zinc: 0.41mg (2.7%), Vitamin B3: 0.5mg (2.48%), Vitamin A: 101.17IU (2.02%), Potassium: 64.69mg (1.85%), Vitamin B12: 0.1µg (1.6%), Vitamin B6: 0.03mg (1.57%), Vitamin E: 0.23mg (1.54%), Vitamin D: 0.19µg (1.27%)